

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

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JANUARY, 1988

Room Scheduling

If your organization is looking for a place to meet or if you want a quiet classroom to study in, you need to keep in mind that there is a procedure to follow to schedule rooms:

1) Call Michelle Adams in the Registrar's Office, x25681, to reserve a room in Schweppe (including the auditorium), the Library, the Cafeteria, 710-15 Ac Fac, or A. B. Dick Auditorium.

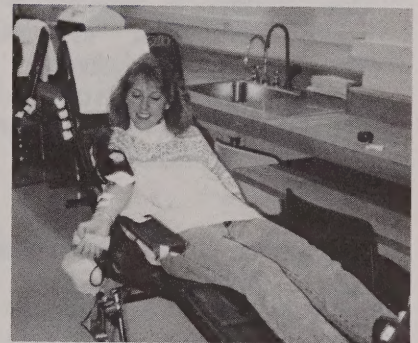
2) Mattie Kirkwood, x26792,

can schedule a room for you in the MDL's.

3) The Learning Resource Center schedules its own rooms. Call them at x26799.

A good point to remember: If you are studying in a room you did not reserve, you can be bumped out by someone who has. This is one instance where "possession is nine-tenths of the law" does not apply.

STUDENT BLOOD DRIVE WEDNESDAY, JAN. 13



We need your blood! The Office of Student Affairs will again be sponsoring its annual winter student blood drive on Wednesday, January 13, 1988, from 3 p.m. to 6 p.m. in room 742 Academic Facility. The times have changed this quarter to help attract those students who were too busy to donate during regular school hours last year. Your 30-40 minute donation can save the life of those people in need. The holiday season is traditionally a time of blood shortages and this one was no exception.

Let's show the Blood Center that Rush University students do care about the shortage affecting our community. Donating blood is a gift that can last a life time. Please come out on the 13th and support our cause.

1987 RUFL CHAMPS



Antilose



RUSH JOB GUIDE

Students interested in a job may obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list jobs for students.

Bone Marrow Transportation - One clinical assistant is needed for library research and to record lab results. Wage is \$5.50 per hour. Regular employment position. Contact Roberta Aiello at x23049.

Cancer Treatment Center One student is needed 5-10 hours per week to assist Therapeutic Radiology in gathering information on cancer patients. Hours vary. Contact Dr. Kell or Louise Wnek at x25751.

Computer Assistant/Plato Room Monitor - Two or more students are needed in Computer Based Education to monitor the Plato room and software. Will train; typing a plus. Wage is \$5.25 per hour. Contact Jane Williams or Patricia Householder at x26556. Must be eligible for College Work Study.

Computer Based Education - One student is needed as a typist/clerical aide with general office duties; position to extend into summer if desired. Wage starts at \$4.75 with review after 12 weeks. Contact Jane Williams at x26556.

Financial Affairs - One student is needed to assist with general office duties. 5-10 hours a week. Wage is \$5.25 per hour. Must be eligible for College Work Study. Contact Paola DiDomenico at x26615.

Financial Aid - One student is needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. Must be eligible for College Work Study. Contact Cecilia Corey or Bob Dame at x26256.

Learning Resource Center - Six media circulation clerks are needed to assist with general library and clerical duties, mostly in evenings and weekends. Some typing is required. Wage is \$5.25 per hour. Must be eligible for College Work Study. Contact Chris Frank at x26799.

Medical Nursing - Several senior nursing students are needed to work as NAI's on a 21-bed oncology unit during weekends. Not necessary to be College Work Study. Wage is \$5.50 per hour. Contact Marnie McHale at x25085.

Medical Oncology - One student is needed to collect data from medical records for a patient study. Needs to be familiar with medical problems/terminology. Wage is \$9-10 per hour depending on experience. 10-20 hours per week. Contact Esther at x23310.

Medical Student Programs - One College Work Study student is needed to assist coding research and to transfer numbers on line. Hours are flexible. May work at home or at the medical center. Salary is negotiable. Contact Linda at x28238.

Neurological Sciences - One student is needed to assist with data entry and creating photographic prints of electron micrographs. Wage is \$5 per

hour. Prior darkroom experience preferred. Contact Roger Zimmerman or Richard Fortnig at x25940.

Otolaryngology - One student is needed as a research assistant to help with daily chart review. Approximately 10 hours per week. Wage is \$5 per hour. Contact Paul Jones at x26303.

Pathology Assistant - One medical student is needed to assist in the gross area of Pathology (dissection, etc.). Wage is \$7.14 per hour. Contact Karen Jamaca at x25260.

Preventive Medicine - One or two clerical/office aides are needed to assist in data entry and general office duties. Wage is \$5-6 per hour. Contact Tracy Remijas at x22146.

Registrar's Office - Two students are needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. Must be eligible for College Work Study. Contact Ann Schuppert or Joe Swihart at x25681.

Rush Library - Several students are needed to assist in general clerical duties. Hours vary. Wage is \$5.25 per hour. Must be eligible for College Work Study. Contact Maggie Marshall at x22274.

Women's Health Consultants - One student is needed for light housekeeping of kitchen and lunchroom in Professional Building. Flexible hours; 1 hour in the morning and 1 hour in the afternoon. Wage is \$5 per hour. Contact Angie Kropp at 738-0799.



1988-89 Oncology Nursing Scholarships

The Oncology Nursing Foundation is pleased to announce that ten \$1,000 undergraduate scholarships and two \$2,500 graduate scholarships will be awarded to registered nurses pursuing Bachelor of Science and Master in Nursing degrees during the 1988-89 academic year.

These scholarships are made possible by grants from the Oncology Nursing Foundation, Burroughs Wellcome Company, Lederle Laboratories and Adria Labs. Criteria and applications may be obtained from the Oncology Nursing Foundation at 1016 Greentree Road, Pittsburgh, PA 15220-3125. Applicants must demonstrate an interest in oncology nursing. The deadline date for returning completed applications for the 1988-89 academic year is January 15, 1988. The ten scholarship recipients will be chosen by members of the Oncology Nursing Foundation Scholarship Review Committee and announced at the Oncology Nursing Society Annual Congress in Pittsburgh, PA, May 4-7, 1988.

The Oncology Nursing Foundation was established in 1982 as a reflection of the interest and activities of the Oncology Nursing Society. The goals of the Foundation are the education of professional nurses in the effective care of individuals with cancer, public education regarding concern and cancer care, and research to advance the nursing care of individuals with cancer.

Application Deadline

The Jewish Federation of Metropolitan Chicago is offering scholarship assistance for students of the Jewish faith who are in financial need. In addition, eligible applicants must be legally domiciled in Cook County and must be full-time students in the helping professions who are identified as having promise for significant contributions in their chosen careers. Both undergraduate and graduate students are eligible to apply. Applications are available now by contacting the Scholarship Secretary at:

Jewish Vocational Service
One S. Franklin St.
Chicago, Ill. 60606
or by calling 346-6700, ext. 2214. The application deadline is March 1.

Apply Now for Outside Aid

With the ever increasing cost of education and potential cutbacks in federal financial aid programs, it is now more important than ever to investigate funds available from outside agencies. Deadline dates for submission of application forms are usually early in the year, so you should be requesting materials now to be considered for the 1988-89 academic year.

Potential contacts for outside assistance are agencies and foundations appropriate to your program of study, your parents' or relatives' places of employment, your local, county or state health associations and your religious organizations. The student Financial Aid Office has listings of financial assistance from a variety of sources. The Rush Library also has a number of reference books and

Armed Forces Scholarships

The Army, Navy and Air Force each have a scholarship program for medical students that pays for tuition and books and also provides a monthly stipend. In exchange, the student agrees to serve in the supporting service branch for a minimum of three years following a residency program. Each service branch may be able to offer 1, 2, 3 or 4 year contracts to qualified students. Interested students should contact the service branch of interest for further information at the number below:

Army: 263-1207
Navy: 657-2169
Air Force: 263-1207

resources that are available for you to review. At last count, there were 27 different financial aid listings of financial aid resources at the library.

The following programs are examples of what is available:

The Mellinger Education Foundation

The Foundation awards scholarships to undergraduates and low interest loans to graduate students. Application deadline is June 1. Write to the Foundation at 1025 East Broadway, Monmouth, IL 61462, for information and application forms.

DuPage County Medical Society

Scholarships are awarded to residents of DuPage County who are studying medicine, nursing, or any related health field. Information is available

continued on page 8

Attention '88 Grads

Graduation Pictures

Once again, arrangements have been made with Marshall Photographers for composite photos of the graduating classes of 1988 in each of the four colleges. The cost to each student is \$15.00. This cost is payable at the time of the sitting. This price includes the following:

- 1) The cost of the sitting
- 2) Four (4) to five (5) proofs to choose from
- 3) One (1) 11" x 14" black and white class composite photo

You may also, at your option, order additional 3" x 5", 5" x 7", 8" x 11" etc., pictures after you have returned the proofs. These additional photos are produced in natural color rather than black and white photos as described above.

The photographer will be on campus in the Student Lounge, room 023 Schweppe, the following times:

- Monday, February 1, 1988
9 a.m. - 5 p.m.
Tuesday, February 2, 1988
9 a.m. - 5 p.m.
Wednesday, February 3, 1988
9 a.m. - 5 p.m.

Thursday, February 4, 1988
9 a.m. - 5 p.m.

To prevent long waits for you and/or lulls for the photographer, we are requesting that you make an appointment through the Office of Student Affairs beginning on January 12, 1988. You can stop by in person (023 Schweppe) or call x26302 to schedule an appointment. Allow approximately ten minutes for having your picture taken. Times will be scheduled on a first-come, first-serve basis. No appointment, no sitting.

Those students whose schedules are in conflict with the on campus dates should make arrangements to have their pictures taken at Marshall Studio located at 162 N. State Street, Chicago. Call 782-2462 to set up an appointment. You must have your picture taken by February 20, 1988, to be included in this year's composite photo.

Finally, a word about attire--the photographer suggests bright colors because they photograph best. White jackets and uniforms tend to make you look a bit anemic!

**Don't forget your
\$10 rebate when
you buy a pass at
the Illini or Circle
Center.**

Placement Folders

You've been toiling in academia for years and you're ready for the big payoff: a paycheck and a chance to show what you've learned. But now you find it's not as easy as just graduating because there's one thing standing in your way. It's known as the JOB HUNT. That means resumes, interviews and placement files.

Let the Office of Student Affairs help you make that transition from college life to the world of work. All graduating students are encouraged to establish placement files with biographical data, references and resumes. At your request, this information will be sent to prospective employers or graduate programs.

Stop by 023 Schweppe to pick up your forms now.



NURSING F.Y.I.

This is just a short note to inform you that the annual nursing career fair (which is normally held in January) has been scheduled for Wednesday, March 2, 1988. This year's fair will be held in the lower Atrium lobby and will run from 12 noon until 4 p.m. Look for additional information in the February Rush Reporter.

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

The holidays have ended, the winter break is over, and what's ahead? More of the studying, exams, and clinical responsibilities you had in the fall. Add winter, snow, and cold to these elements and you have the ingredients for a good case of the winter blues. The prospect of the blues led me to consider writing a column on stress management but then I decided that everyone talks about stress management so I'm taking a different perspective. The title of this month's column is how to Have a Miserable Winter at Rush.

1. Stay indoors and vegetate. Keep your life dull and neutral. Television is an excellent adjunct here. In addition, there are various chemical agents which can be used to keep anxiety down and induce a mellow state. If you must read, be sure to stay with school texts, most of which can be read again and again with little fear of stimulation.

2. Make no future plans. It is best to focus in depth on one's day to day existence and to assume that one's future will possess all the negative characteristics of the present. Do not, in any case, plan trips to exciting or warm (or both) places; do not plan reunions with beloved friends; do not plan Sunday hikes to photograph winter scenes, etc. You get the general idea--do not attempt to put together experiences that will be fun.

3. Eat lots and lots. Overeating is guaranteed to make you feel miserable on both the physiological and psychological levels. It is especially good during the winter as you can rationalize that you need that fourth doughnut for energy because it's cold out there! Misery can be enhanced through experiencing the uncomfortable pressure of your stomach against a tight waistband. Studying yourself in the mirror after overeating is a surefire means of feeling awful.

4. Keep your feelings to yourself. There are a number of ways to follow this rule. You can rationalize that since everyone you know has his or her own problems, you shouldn't lay yours on them. You can repel friends' overtures to talk. You can maintain those prejudices you have about certain classmates or others even when the facts seem to contradict them; this way you won't slip and begin to confide in them. You can decide that your feelings are irrational or humiliating or just too mundane to share. Keeping especially important feelings to yourself keeps you safe, secure and miserable.

5. Don't get any exercise. This rule, when used in combination with number three, can be used to achieve physical as well as emotional misery. For example, lack of exercise increases the likelihood of your

having difficulty sleeping. Assuming that you're following other rules, you're probably maintaining high levels of muscle tension. This tension, coupled with no exercise, easily leads to insomnia and restless sleep. In addition, worries tend to disappear during the act of exercising. It's hard to concentrate on making a basket, improving your crawl or your serve, doing a time step or a plie and to sustain misery simultaneously so avoid exercise at all costs.

6. Catastrophize and spiral. To catastrophize is to anticipate the worst in all situations. One failed test means academic ruin, one spat means the end of a relationship, etc. It requires work to view the world in this light but you'll find that the more you do so, the easier it gets. Spiraling is my term for a related misery-inducing technique which involves focusing on one negative idea or feeling and letting it spiral into negative ideas about other parts of your life. For example, my grades are only fair so my opportunities for future training will be compromised, my body is falling apart and my friends haven't been very supportive lately, and I'll probably never find someone I'd want to spend my life with, and the spiral goes onward and upward. You may have to dig deeply for some items but it's critical to keep yourself in a constant state of turmoil.

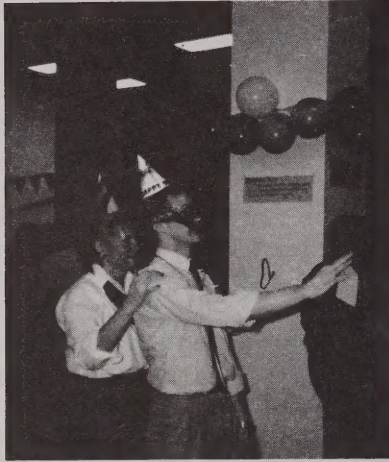
7. Put off whatever you can until tomorrow. In other words, procrastinate. Avoid studying, writing papers, preparing presentations as well as personal obligations until you're in a state of high anxiety leavened with guilt and shame. Remember, if you perform badly, you can always blame it on your lack of preparation. By avoiding school obligations consistently, you have a good chance to ruin recreation and maybe even romance. Procrastinating about developing relationships until 1995 (when you'll be truly ready to concentrate on love) is good for making yourself and probably another person quite miserable.

8. Take out your frustrations on your loved ones. Don't kick your dog at the end of the day (consider who is writing this); yell at your spouse, lover, friends or family instead. Ignore the details, avoid explaining the context--just be a royal pain. Let them know that their problems are miniscule compared to yours. Show them that your happiness is all important and that they exist to make you happy. Be creative about it. Rant and rave if that disturbs them most; in other cases, the silent treatment is effective. Above all, never consider their needs.

I've tried to assemble a comprehensive set of rules but nobody's perfect; I welcome your suggestions and ideas for extending the list.

ENTERTAINMENT

BEN RUSH BIRTHDAY BASH T.G.I.F.!!



Happy Birthday to you, happy birthday to you, happy birthday dear Ben. Happy birthday to YOU. What a nutty kind of guy. Ben Rush is having a birthday and you are invited. The Pharmacology Department will be our host on Friday, January 8, 1988 for this special T.G.I.F. celebration. The party of all parties will be held in the Schweppe Auditorium from 4 p.m. to 7 p.m.

That's right students, this is your chance to regress back to when you were six year's old. Rush University Board members will be on hand to conduct such popular children's games as musical chairs, give the doctor a shot and a few more that will really make you wet you're pants. Beverages, snacks, party favors and a very large birthday cake will be distributed to all, so bring along a big appetite and some form of proper I.D. All students, faculty and alumni are invited to participate in this grand celebration. Maybe if you're lucky, you will be one of the few guest to receive a designer Ben Rush birthday hat.

\$ CASINO NIGHT \$ FRIDAY, JANUARY 22

Casino Night is back! Yes folks, it is time to show off your gambling skills at the second annual Casino Night scheduled for Friday, January 22, 1988 in the Schweppe Auditorium from 8:30 pm to 11:30 pm. The Rush University Board has been working all month on obtaining some great prizes for this year's auction that will be held immediately following the closing of the tables at 11:30 pm. Over a dozen playing tables will be on hand to assure everyone a chance to win their own pot of gold.

The cost for you to attend this event is absolutely free. All students, faculty, alumni and their guest who enter the casino will receive roughly \$10,000 in chips. At the end of the night, an auction will be held for some great prizes and a grand prize will be raffled off.

Any students or faculty interested in volunteering their services as a dealer are asked to sign up with Paula or Jim in the



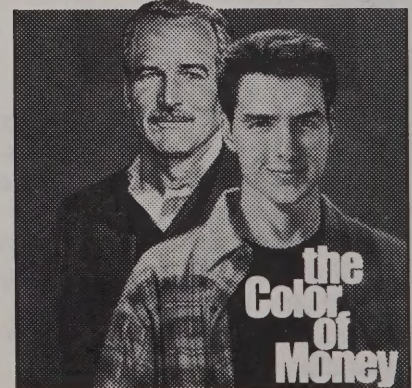
Office of Student Affairs. Table rules will be available in the Office for anyone who would like to review them.

We encourage all students to take a break from the books and come out and enjoy themselves. Anyone who attended last year knows how much fun this night really is! Beverages and snacks will be provided so please bring an ID stating your correct age. Hope to see you on the 22nd.

THE COLOR OF MONEY

*Friday, Jan. 29
A.B. Dick Auditorium 7 p.m.
Rated R*

Paul Newman brilliantly reprises his role as Fast Eddie Felson in his explosive sequel to *The Hustler*. It's 25 years later, and Eddie has long since hung up his pool cue. Tom Cruise co-stars as the arrogant pool shark who reawakens Eddie's hustling instincts. The rivalry that develops between the two of them leads to an intense, no-holds-barred showdown. Director Martin



Scorsese's gritty realistic drama immerses viewers in a corrupt and greedy world where winning - at any cost - is the name of the game.

ENTERTAINMENT

FIRST EVER...

All-Campus

Semi-Formal

...IS HERE!

The Rush University Board and the Office of Student Affairs is proud to present the first ever All-Campus Semi-Formal on Saturday, February 13, 1988, at the Athens Crystal Palace Ballroom (700 S. Wabash) in downtown Chicago. Decorated to reflect the Valentine's Day theme, this event will feature a sit down dinner serving filet mignon, a three hour open bar, and D.J. Brad (from the lip sync contest).

A welcoming reception will take place at 6:00 p.m. and will be followed by dinner at 7:00 p.m. Tickets for this once-in-a-life-time semi-formal are currently on sale in the Office of Student Affairs for only \$25.00. **Students purchasing their tickets prior to Monday, Jan. 25, will receive a \$5.00 discount.**

Individuals as well as couples are encouraged to attend. For additional information please contact Paula or Jim in the Office of Student Affairs at x26302. The smart student will take advantage of the discount and buy their tickets before the 25th.

Gourmet Fest

On Monday, January 18, the Committee on Student Affairs has scheduled an event sure to bring out the gourmands of Rush University: the **3rd Annual International Gourmet Fest!**

Hone those culinary skills because the price of admission is one dish (appetizer, entree, or dessert, preferably of an international flavor) prepared lovingly by you! Just think of this as a giant potluck dinner so bring your appetite as well. Beverages and eating utensils will be provided.

All students and faculty are invited to attend. Festivities begin at 5 p.m. in the Schwegge Auditorium.

Trivia Time

Some folks say it's not what you know but rather who you know that matters. Such will not be the case on Tuesday and Wednesday (January 12 and 13) because at the Trivia Bowl it will definitely be what you know that will make the difference.

You will notice that this bowl is patterned much like College Bowl with teams of four players competing by answering toss-up and bonus questions of a most trivial nature. Once again this will be double elimination tournament. So get a team together and sign yourselves up in the Student Lounge, 023 Schwegge. Of, if you can't find three other players, sign up individually and you will be matched with other students interested in participating.

The challenge begins Tuesday at 5:30 p.m. Pizza and pop (or do you say "soda"?) will be served to the first participants and cheering sections who show up.

By the way, seasoned Trivia Bowl-ers should be interested to know that Mary Brucker, doctoral nursing student and chief competitor, has graduated. However, we can always invite her back as an alumni bowl-er if you'd like!

Some sample questions to get those trivia juices flowing:

What comedian played the Drysdale's son, Sonny, a 19-year college veteran on the Beverly Hillbillies?

What group did Stephen Stills leave to form Crosby, Stills & Nash?

What surprise 1974 best seller centered on a father-and-son odyssey through the U.S.?



Study Skills

by Michael J. Harris, Ph.D.

Director of the Academic Skills Center

Listening is one of the often ignored foundation blocks of education. Both students and faculty seem to have taken this important skill for granted. Listening is a skill which can be taught and learned just as are other communication skills.

I offer the hypothesis that part of the reason why students have a difficult time in lecture format presentations is "TV Generation" conditioning which implies the following:

No teaching/learning situation should take too long.

The teacher must be entertaining.

The student can "turn off" the performance whenever boredom sets in.

Let's think about what happens in the classroom as two-way communication. What needs to happen is a clear understanding from the beginning of a lecture course of what constitutes a proper learning environment and what impedes good listening. Both professors and students have responsibility for effective communication. Both should have high expectations

for the outcome of the classroom interaction.

Professors must state openly that half the responsibility for good communication rests with the student. They should insist that students not sleep during class, read or do other tasks and refrain from conversing with classmates. Professors will assume the responsibility to be clear, to repeat as necessary and to accept student questions and arguments. Students do their part by listening.

With the understanding that good listening is a skill vital not only in formal learning situations but also in job related and social situations, any person can become a more effective listener.

The ability to concentrate and to deal with both internal and external distractions is really quite valuable. A definite connection exists between being a good listener and coming to class prepared, having pre-read the material to be covered in class. Professors can flag key points. They can review notes of students who present questions after class to detect problems and make suggestions for

more useful approaches to get information. Students can use other resources, such as institutional study skills resource personnel or others with appropriate expertise.

A technique which may be used to focus attention on course content is to offer yourself a small incentive or to negotiate with the instructor for extra credit if, for example, you pick up an error the professor intentionally includes in the lecture.

A significant part of every health professional's job is listening. You will have to be a good listener for your patients, peers, other members of the health care team, as well as for the families of patients and others concerned with the health services you will deliver. To learn listening skills now makes good sense. Benefits can be measured in improved academic performance and in the establishment of good habits.

***The basis for the above was an article by Professor Ethel C. Glenn, Dept. of Communication Studies, University of North Carolina, Greensboro, which appeared in the *Chronicle of Higher Education*, Nov. 4, 1987.

Outside Aid

cont. from page 3

in the Financial Aid Office. A deadline of March 1 is expected.

Nesbitt Medical Student Grant

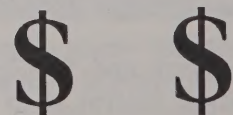
Medical students who are or who have been residents of DeKalb County, especially women, may be eligible for scholarship assistance through the Foundation. Information and the application form may

be obtained by writing to the Nesbitt Foundation at the National Bank and Trust Company, 230 W. State Street, Sycamore, Illinois 60178.

The Pullman Foundation

Undergraduate students who are residents of Cook County may be eligible for scholarship assistance based on financial need. Application forms are available from the Pullman

Foundation, 5020 S. Lake Shore Drive, 3604-N, Chicago, Illinois 60615. Application forms must be submitted by April 1.



SAVE \$2.00

on any Springhouse title at the Rush University Bookstore during the month of January

CLINICAL POCKET MANUALS

THE medical pocket guides of choice among today's busy health care student.

The CLINICAL POCKET MANUAL reference series is a veritable gold mine of essential information on a specific clinical "specialty."

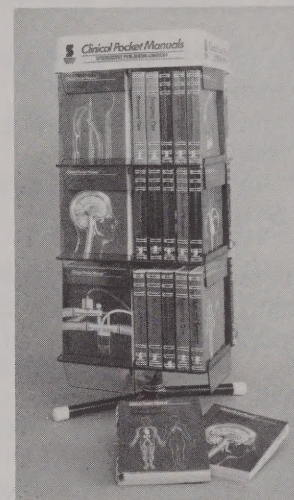
This reference series was designed to truly complement the working style of today's busy health care student—enabling them to recognize signs and symptoms more quickly . . . calculate drug dosages more easily . . . read diagnostic tests more accurately . . . get laboratory values more quickly. Each manual measures only 4 1/4" x 5 1/2" and is only about 3/4" thick.

This extraordinarily popular series includes the following titles: Assessment • Critical Care • Cardiovascular Care • Diagnostic Tests

• Documentation • Drug Interactions • Emergency Care • Fluids and Electrolytes • Medications and I.V.s • Neurologic Care • Ob/Gyn Care • Pediatric Care • Respiratory Care • Signs and Symptoms • Surgical Care.

Each manual is packed with 187 pages of step-by-step instructions, charts, diagrams, and illustrations. All entries, written by clinical specialists, are self-contained.

Colored index tabs and graphically highlighted data make it easy to find specific facts in a hurry. Each spiral-bound manual is made tough and durable, and is a value at \$12.95 each.



Nursing88 DRUG HANDBOOK



NURSING88 DRUG HANDBOOK

The most popular drug reference—now available at your
Rush University Bookstore.

Busy students wanting to stay current look for two things in a drug handbook—comprehensiveness and accessibility. And that's why Nursing88 Drug Handbook is the handbook of choice.

With no commercial or manufacturer bias, the *Drug Handbook* emphasizes clinical information on approximately 1,000 generic and 4,200 brand name drugs (including American and Canadian brand names).

Updated right up to press time, it includes the latest information on each drug:
• mechanism of action • recommended uses •

contraindications • dosage ranges (including a new feature, recommended geriatric dosages) • troubleshooting hints • adverse reactions by system • interactions • nursing considerations • and patient-teaching tips. It also discusses common (though not FDA-approved) uses of drugs.

The 1988 edition of the *Drug Handbook* features a new chapter on antiviral drugs (including the new drug for AIDS—zidovudine, AZT), pregnancy categories and all newly approved drugs as released by the FDA.

1987, 861 pages, semiflex cover,
ISBN 0-87434-126-4, \$21.95

**SPRINGHOUSE
PUBLISHING
COMPANY**

Don't forget—your Rush student ID saves you
15% on all Springhouse books at the
Rush University Bookstore.

CLIP AND SAVE \$2.00

\$2.00 OFF*

Use this coupon to save \$2.00 on any Springhouse title during the month of January.* Your Springhouse representative will be at the Rush Bookstore January 11th 9:30–3:30 to answer your questions.



WIN A FREE BOOK!

Use this coupon on January 11th and be eligible for the drawing of a *Nursing88 Drug Handbook*. Just fill in your name and phone number below.

\$2.00 OFF*

*Time-limited offer. Coupon expires January 31, 1988.

Change of Address Notification

If you have borrowed funds under the federally sponsored GSL program, you must notify your lender of any change in your stnt status. This includes:

- * if you change your permanent address, or
- * you cease to be enrolled at least half time, or
- * you take a leave of absence from Rush.

Students have always been responsible for notifying their lender of any change in status. The federal government is particularly concerned with student defaulters. By notifying your lender of a change in your student status, you will lessen your chance of going into default should your situation change. Always notify your lender of any change in your student status.

Community Preventive Cardiology Experience *Give a Little; Get A Lot Back*

by Peter A. DeGolia, M2

In Melvina Reynold's classic song "Magic Penny," she sings about the need to give of one's self in order to get back something more. This past summer I gave a lot of my time, energy and enthusiasm for medicine to a medically underserved, racially mixed, low income, inner city community on Chicago's near northwest side. In return I got back a wealth of memorable experiences and valuable lessons in preventive cardiology.

I had the good fortune to be selected as a summer fellow in AMSA Health Promotion/Disease Prevention and RMC

GSL Fees Are Increased

As part of the Gramm-Rudman Act that required total budget reductions in the federal government's budget at specific times during the year, the Guaranteed Student Loan (GSL) program will have a higher origination fee deducted from the loan proceeds. The origination fee has been increased from 5 percent to 5.5 percent for loans with the first disbursement made on or after October 20, 1987. If the loan was disbursed in part prior to October 20, the origination fee will still be 5 percent.

In all probability, the 5.5 percent origination fee will remain in effect for GSL's in the 1988-89 academic year since Congress is using as many ways as possible in an effort to balance the federal budget.

Preventive Cardiology programs. Working in one of the largest Hispanic communities in the city of Chicago, my project was to develop and implement a health promotion/disease prevention program addressing preventive cardiology issues for persons at high risk for diabetes and high blood pressure. Located at the federally funded Erie Family Health Center, Inc., it was called the Erie Community Diabetes and Hypertension Identification and Control Program.

Last spring, as a first year medical student, I attended an RMC community health forum where Charles Catania of the Chicago Department of Health spoke to the fact that 95 percent of a medical student's training is done in a tertiary hospital environment. However, 85 percent of our work life will be
cont. on pg. 11

Scholarships Subject to Taxation

The passage of the Tax Reform Act of 1986 made drastic changes to many of the previously untouchable income areas. One of those areas was income from scholarships and fellowships. Under prior law, a candidate for a degree could exclude from income a scholarship or fellowship. Beginning in 1987, a candidate for a degree may only exclude amounts received as a "qualified scholarship." A qualified scholarship is any amount received that is used for:

- * tuition and fees to attend Rush or
- * fees, books, supplies and equipment required for courses at Rush

This means that if you received scholarship and grant assistance during the 1987 calendar year in excess of the amount of tuition, fees, books and supplies that you incurred, this amount must be reported as income. This amount then is added to any other income you earned through employment, interest and dividend income, etc. Tax is then calculated on the total amount of earnings.

If you have any questions about the amount of assistance you received in 1987, the Financial Aid Office will tell you the dollar amounts received in scholarships in 1987. Specific questions about applying this tax provision should be directed to a tax advisor.



cont. from pg. 10

spent outside that environment. I decided that the summer of 1987 was a fine time to experience working in a community health center.

I chose to work in the Westtown/Humboldt Park community because I wanted to use and improve my Spanish. As I began to develop my program--and believe me, I went in cold turkey--I began to realize that little, if any, information was available on the prevalence of diabetes and high blood pressure among Hispanics in the northern United States. My first step was to educate myself. Eventually, I screened over 830 people for blood pressure and 350 people for diabetes. Of those I screened, 25.3 percent had elevated blood pressure readings, with 11 percent (92 people) having no previous history of hypertension. Twelve percent had elevated blood sugar levels, and four percent (14 people) indicated no previous history of diabetes. I can still recall the startled look on one gentleman's face when I screened him and found that he had a very high fasting blood sugar level. If nothing else, the fact that I successfully identified a number of people at risk for serious cardiovascular diseases and directed them into a health promotion program made the work I did last summer worthwhile.

This project reintroduced me to many concepts and problems of human behavior and cardiovascular diseases that I had studied during my first year in medical school. I was personally challenged to explain complex medical problems in a simple and understandable way. I was confronted with the very real problem of non-compliance and denial. Trying to explain to people who felt fine that they should seek medical care when they had a

very high blood sugar or blood pressure reading was often frustrating.

I actively tried to form working relationships with existing institutions or community health organizations serving the Westtown/Humboldt Park area. One of my most significant accomplishments was with the Westtown/Humboldt Park Infant Mortality Reduction Initiative. The goal of this group was to HELP prevent early pregnancies by working with young women of child-bearing age or to insure that they benefit from existing programs that promote healthy infants. I gave their staff a training session on the connection between young women, pregnancy and diabetes hypertension. The screening was very successful and they are interested in conducting others.

I also had the opportunity to observe how a community health center works and how different health care workers interact. Erie clinics, like the neighborhood they serve, are very integrated. Medical and support staff were racially and ethnically diverse. The majority of staff working at the clinics were women--nurses, physicians, health aides, secretaries and administrators. I found everyone at the clinics very interested in my work and willing to help.

Experiences like these form the basis of a rich and rewarding summer. From a medical education perspective, the opportunity to get out into a community, speak first hand with people who have, or are at high risk for, disabling diseases, and to work with them to improve their health is extremely valuable. Not only did I learn something about communicating with people regarding health problems, but also how people view health problems, how they perceive the medical community and

how responsive they may or may not be to prevention and treatment of diseases. To develop and implement a timely program on a crucial medical problem was personally satisfying. Being able to use some of the knowledge I gained during my first year in medical school to benefit others was exciting.

I hope both RMC students and future AMSA funded fellows at Erie clinics continue the work I began this past summer. Currently, I have proposed a series of training sessions for medical students on community preventive cardiology issues. Following these sessions, students will go into the community with Erie clinic staff to begin screening for diabetes and high blood pressure. Subsequently, students will be able to follow through with people identified as being at high risk by working with them at a Saturday morning preventive cardiology clinic at one of the Erie clinics. The idea is to provide residents with a much needed identification and control program and to introduce medical students to community preventive cardiology and preventive health care.

No doubt, an AMSA Hip/Dip summer is whatever you make it. The more you put into it, the more you get back. In my case, I feel I'm still getting a lot back from a valuable summer experience.

If you ever feel the need to unload your worries, please visit the Student Counseling Center on the 8th floor of Schweppe. For your convenience, the Center is open till 8 p.m. on Tuesday and Thursday.

Monday	9-5
Tuesday	9-8
Wednesday	9-5
Thursday	9-8
Friday	9-5

Phone 942-3687

Community Health Project

by Rena Goodfriend-Leve, M2

During the past summer, I participated in an AMSA-HPDP (Health Promotion/Disease Prevention) project at the Near North Health Service Corp., a non-profit health organization serving the Near North community of Chicago, particularly residents from Cabrini Green housing development.

I was involved in a WIC (Women, Infant and Children) government funded program aimed at promoting breast-feeding among low income, minority mothers. The incidence of breast-feeding among American low income, inner city mothers is particularly low as compared to the general population. Unfortunately, infant mortality is relatively high in this same group.

The medical benefits to a breastfed infant are stressed throughout a woman's pregnancy. However, realistic and logistic difficulties of breast-feeding are inadequately addressed, causing many mothers, especially young, first time mothers, to never really succeed at breast-feeding. These mothers, frustrated with breast-feeding, stop their efforts quite early -- the first few days

of an infant's life--especially without the appropriate support network.

To bring about a more educated and supportive attitude toward infant care, I was involved in preparing a protocol for pediatric anticipatory guidance to help pregnant women choose an infant feeding behavior best suited to their lifestyle. In such a plan, the mother-to-be would have continuity of care regarding future plans for her infant with the same pediatrician who would treat her infant at birth.

I was very impressed with the dedication and sensitivity I observed among the clinic staff. I feel fortunate in being able to see a side of medicine that is often neglected in "traditional" medical education.

I highly recommend an experience of this kind to any medical student who would like to better understand patient care within the context of a patient's community environment.

I have found that one summer gives a very brief glimpse of quite a complex and intense situation. I feel fortunate in having the opportunity to ask many new, and perhaps even unanswerable, questions.

School Closing for Weather and Other Emergencies

While we hope for a mild and dry winter, the possibility of hazardous weather conditions or other emergencies that could cause a school closing exist. The following policy has been adopted for Rush University.

Rush University will remain open except in the most exceptional weather circumstances or other emergencies. In all cases faculty and students directly involved in providing patient care functions are expected to make every reasonable effort to be on campus. Purely didactic classes may not be held on certain days when traveling is judged to be exceptionally hazardous or difficult.

You should expect that Rush will close only when conditions are exceptionally hazardous or difficult, which occurs very rarely. In most cases, the University will be open. (It has not closed even once in the last 17 years.)

Authorized school closings will be announced on the following radio and television stations: WGN, WIND, WMAQ, WCFL, WBBM-FM, WCLR, WFYR, WYEN, WGN-TV and WFLD-TV. The telephone operators at Presbyterian-St. Luke's Hospital will also be notified in the event school is closed. *Please do not call other persons or offices.*

Questions about this policy should be directed to the Office of Student Affairs, 023 Schwegge.



The Committee on Student Affairs and the Office of Student Affairs are in the process of scheduling their annual Music Recital. If you would be interested in playing or have any questions regarding this event, please contact Jim or Paula in the Office of Student Affairs, x26302.

ATTENTION!
Rush University
Students

FREE

- Checking
- Savings
- Cash Station® Card
- Initial Check Order
- First Year VISA® Card

To enroll in First Chicago's Bank-At-School program,
please visit First Chicago's representatives:

January 12-14
10:30 a.m. – 1:30 p.m.
Student Lounge

or call 407-1981

* You must present your current school I.D. and one other form of
identification with your signature to open your new account.



FIRST CHICAGO
The First National Bank of Chicago

Library News

Now you can use the online catalog and MiniMEDLINE of the Library of Rush University from your home or office. The following information will enable you to set up your terminal or personal computer so that you can use a telephone line to call up the LIS online catalog.

Hours Available

Mon.-Sat.: 7 a.m.-2 a.m.
Sun.: Noon - Midnight

Equipment needed

Personal computer or terminal
Communications software for computer
Modem
Phone line
Printer (optional)

Requirements for your equipment to communicate

Terminal: Dec VT100 emulation is best.

Characters per line: 80 characters per line are displayed on the screen. Personal computers with fewer than 80 columns must have communications software that can adjust for the resulting wraparound of the extra characters/line.

Baud rate: Either 300 or 1200 bits per second

Mode: Full duplex and/or no echo

Bits/character: 8 bits

Parity: None or off

Stop bits: 1

Phone number

(312) 942-8239

Troubleshooting

Call Trudy Gardner x28735 or Dave Bouras x21512 during regular working hours.

Aerobics Schedule Schweppe Auditorium

Mon., Wed.	8:00 p.m.
Tues., Thurs.	5:30 p.m.
Fri.	5:15 p.m.

RESUME WRITING WORKSHOP

The ability to communicate in written form is essential to the job hunting. A well constructed resume can open doors that you may have thought were previously closed.

On Thursday, January 21st, the Office of Student Affairs will be running a short resume writing workshop at 12 noon in room 317 Schweppe. This workshop will be facilitated by Jim Waite and will include specially prepared handouts describing several types of nursing resumes used in the job market today. Students will be given the opportunity to evaluate their personal skills and construct a rough draft of their own resume. In addition, Jim will briefly acquaint students with the process of opening a letter of recommendation file and with the different resources available in the Office of Student Affairs for hunting that perfect job. If you are interested in attending this one hour workshop we ask that you sign up by calling the Office of Student Affairs at x26302.

MLRC Film Series

The McCormick Learning Resource Center will sponsor a showing of the film *Breaking Silence* on Monday, January 11, from noon to 1 p.m. in room 540 of the Academic Facility. This award-winning film shows victims of incest coming to grips with their past. All Rush faculty, students and staff are welcome at this showing.

Set Your Sights on Summer

It's winter. The wind is howling off the lake. The snow is knee deep and the temperature chills you to the bone. What better time to think about summer?

Yes, summer is right around the corner. Don't wait until June to get in shape. Start now and give yourself enough time to ease into summer feeling healthy and trim.

Come to the Set Your Sights on Summer Winter Health Fair on January 5 and 6 from 11:30 a.m. to 1:30 p.m. in the Cafeteria lobby. Learn more about health and fitness classes and activities that will help you get a head start on summer.

Special health fair attractions will be:

"Frameter" - Find out if you are at a desirable weight for your frame. Be measured by Food and Nutrition Services staff.

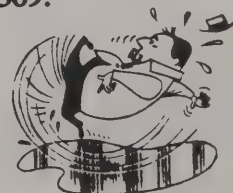
"Muscle Beach" - Meet employee Chris Abell, 1987 Miss Midwest Classic Bodybuilding Champion.

"Anchor Pub" - Enjoy a taste test of nonalcoholic summer drinks.

Also, wellness program leaders will be available to tell you about low-cost, convenient programs for employees in the areas of:

Fitness
Weight loss and nutrition
Smoking control
Stress management
Personal growth

For more information call the Health and Fitness Program at 942-5309.



1987-88 RMC Election Results

Committee	M1	M2	M3
Academic Freedom	Manoj Mehta	John Kamysz	Roger Scholten
Admissions	Michael Rosen	Rahul Joshi	Paul Merrick
Affirmative Action	Niko Keys	A. T. Jackson	Bader Iqbal
Curriculum	Jennifer England	Jeffrey Smith	TBA
Educational Appraisal	Lorrie Elliot	Claudia Lucchinetti	Rebecca Redman
Educational Resources	Gene Kuc	Jeff Altman	TBA
Senior Faculty Appointments and Promotion		Brad Dworsky	Allen Radner
Student Affairs	Claudia Joyner	Lori Swan	Laurie DiMaria
Student Evaluations and Promotion	Melissa Miller	Greg Johnson	Michael Pins
Student Judiciary Review	Jeremy Roth	Joe Kraut	Barbara Jericho
Committee on Committees		Jeff Cooper	TBA
Faculty Council	Steven Lyon	Heather Nath	Steve Gans
Class Committee (RC)	Vanessa Hart Sandy Shaw Frank Stadler John Wlodarski Cathy Dimou	Louise Diba John Kamysz Nick Speziale Glenn Weiss Mitch Bernsen	Michael Pins Teri Pusheck Clark Rosen TBA Diane Mueller
(AC)			
RUFWA	Cathy Dimou Pat Young	Susan Davies	Denise Honer
Student and Faculty Appeals	Jim Bryan	James Dillard Greg Johnson	TBA
University Council	Jim Hunt	Mitch Bernsen	TBA



Cyndi Lauper and friends



The Bud Man
saves the day!



Med Tech's sponsor T.G.I.F.



T.G.I.F.



Penalty on who?



Mad Pumpkin Ball

R
U
S
H

SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

VOLUME XI NUMBER 5

FEBRUARY, 1988

Where Have All the Journals Gone?

"Yes, Virginia, the browsing journals really will be moved back to the fifth floor of the library...." If you have been to the library during the past few months, you have probably noticed that the reference books and current journals keep moving around, desks sometimes disappear, and even the entrance was relocated for a couple of weeks last fall. All these events are part of the renovations which are continuing for several more weeks.

Already the new brightly lighted copier/microforms area is completed and in full operation. Finishing touches will be completed in the reference area including additional shelving and seating (so you can sit down as you browse through indexes in search of journal references)! Also, now you can spot the reference librarians as soon as you walk in the door. The new reference desk is located so that you can see it, and the people stationed there can see you!

Finally, the library staff promises to stop moving the books around and to return those journals to their rightful places very shortly. Please be patient for just a few more weeks. In the meantime, be sure to ask if you need help locating materials.

"Thank you for your support!"

Spring Quarter Registration

Registration for continuing students in the College of Nursing, Health Sciences and The Graduate College for spring quarter 1988 will take place this month. Timetables will be available the week of February 15th in the Office of the Registrar, room 101 Schweppe Sprague. Registration forms will be accepted from Monday, February 22, through Tuesday, March 1. Medical students and medical technology students are preregistered. Student data sheets (confirmation of your registration and bill) will be sent out the beginning of March.



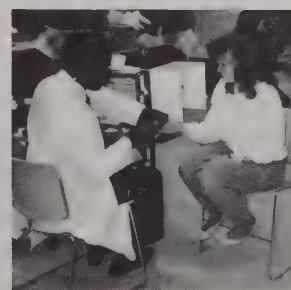
MLRC Film Series

The McCormick Learning Resource Center will sponsor a showing of the videotape *Too Little, Too Late* on Monday, February 8, from noon to 1 p.m. in room 540 of the Academic Facility.

For every AIDS patient, according to one authority, the lives of at least eight family members and close friends are profoundly affected. Isolated and frequently shunned, these mothers and fathers, brothers and sisters, lovers and friends can feel as if they have nowhere to turn. In *Too Little, Too Late* they share their pain and frustration, as well as the solace they have derived from having been able to help their loved one to a peaceful death. This documentary features Barbara Peabody, author of The Screaming Room, which deals with her own son's last months.

All Rush students, faculty and staff are invited to attend this showing.

Thank you, Blood Donors!



Study Skills

by Michael J. Harris, Ph.D.

Director of the Academic Skills Center

Getting More Studying Done in Less Time

*Adapted from the writings of Dr. Martha Maxwell, University of California,
Berkeley, Reading and Study Skills Service.*

Managing study time is often a difficult task for students. A principal reason for this is the tendency for human beings to use their time for activities they find the most interesting or pleasurable and to avoid those they find tedious or boring. Academic survival dictates that the student apply sufficient effort to the learning task to "pass." Too often sufficient effort means meeting academic deadlines by "cramming" after having put off study until the eleventh hour.

Despite the student's best intentions to study on a regular schedule, he or she often winds up inflicting emotional pain and/or guilt upon the self and finds that the "best laid plans (for disciplined, regular study) often go astray." The end result of postponing or procrastinating may be test anxiety.

A first step in getting control of the study process is determining how you spend your time. If as you are studying you realize that you are not being efficient, that your mind is wandering or that you aren't concentrating, you have to do something else. When you are in your study area, make sure that you're as totally focused on study activities as you can be. This is a situation where the intent to act is quite important.

You also need a study area that is relatively free of distractions so that when you're there, studying is the only thing that happens. If you combine optimal place and attention

to the study process with setting specific goals for each study segment and a system of positive and negative incentives for yourself, studying becomes more productive. This means determining ahead of time what you want to accomplish within the study time. Make a conscious effort to attend to understanding concepts, relationships and key features of the topic.

Keeping a log of time use is one way of assessing how you actually spend your study time. You then have a standard against which to evaluate time use. There are any number of schedule sheets one can use to record time use data. Several are available in the Academic Skills Center.

Another approach to finding out where your time goes is to create a check list of points where time seems to get away from you. Do you lose time in getting started? What is the time of day when you study most effectively? Are you disorganized? Do you systematically plan your study time? Do you set priorities; what needs to be done first, what is most important, etc.? Do you ruthlessly screen your priorities? Do you lose time through diversion? Do you lose time because you track down minute details, "spin your wheels" working through a single problem or try to memorize much more than you need to do a good job on the examination? Do you recognize what is relevant?

Do you have trouble locating your notes, books and other paper work? Do you have problems integrating your reading with lecture notes? Do you have difficulty screening out unnecessary or unproductive material? Have you allowed yourself to become a victim of the "I've-got-to-bulldoze-my-way-through-this-stuff-from-A-to-Z-with-no-deviation" syndrome? When you find that you run out of time to complete this unreasonable task, do you feel guilty or anxious? Beat this "bad rap." Learn to skim effectively and scan to get the main ideas followed by a selection process that allows you to pick those points which need further studying. Such an approach will make you a more effective student and allow you to retain more.

You must eliminate such time wasters as laboriously retyping your notes. A simpler method is to edit notes with an alternate colored marker. When you take class notes, leave alternate pages blank for note taking from your post-class reading and study. This will also allow you to expand on important points when you look over material again.

Consider the following point: if you spend time productively organizing and preparing to meet your study objectives, the amount of time you will have to spend actually doing the work will be reduced! You will find that you get more studying done in less time (= efficient study).

Fall Quarter 1987 Dean's List

Congratulations to the following undergraduate students who earned at least a 3.50 quarterly grade point average for a full-time course load during fall quarter 1987.

Nursing

Susan Arbanas	Munhi Jung
Nancy Brachle	Leanne Hull
Rita Burke	Paula Kikkebusch
Sheri Clark	Christie Lane
Gail DeGraaff	Lisa Miller
Julianne Dettmann	Linda Morris
Deborah Donofrio	Cecelia Olis
Patricia Hamrick	Heather Peters
Susan Hannasch	Karen Phillips
Joanne Healy	Christine Post
Sandra Heileman	Juliann Saavedra
Mary Beth Heiting	Therese Salemi
Amy Hennessy	Lynn Taylor
Carolyn Jim	Mary Walker

Medical Technology

Alina Domin
Mary Grable
Mark Krebs
Mercy Quagraine
Laura Ward

News for 1988 Grads

1988 Graduates—make sure your diploma is ordered! "Intent to Graduate" order forms have been sent to the mailing addresses of eligible students graduating before December 1, 1988. Undergraduates' forms were distributed to student mailboxes on the seventh floor of the Academic Facility. If you did not receive this form (it is on light brown paper), check with the Office of the Registrar **immediately**.

ANNUAL VALENTINE FLOWER SALE



Date: Friday, February 12, 1988
Time: 8:30 a.m. - 3:00 p.m.
Location: 2nd fl., Ac Fac
Cafeteria

Spring plants, bulbs and
valentine candy.
*Sponsored by Rush University
Faculty Wives for the RUFW
Scholarship Fund.*

Life After Rush

Though winter is still upon us, graduating students are beginning to ponder the questions, "Is there life after Rush" and "If so, how do I find it?"

The *Career Fair* is scheduled for March 2, and the Office of Student Affairs has several resources available to help you as you search for that ultimate job or graduate program.

Resume Writing - Handouts and various publications are available to help you as you put your resume together. The professional staff in the Student Affairs office is always available to assist you on a personal basis in writing effective resumes and preparing for job interviews. To set up an appointment, call Student Affairs at x26302. Quick Copy, located on the seventh floor of the Academic Facility, will print your resume for a nominal fee. You can bring in your own paper if you want your letter, resume and envelopes to match.

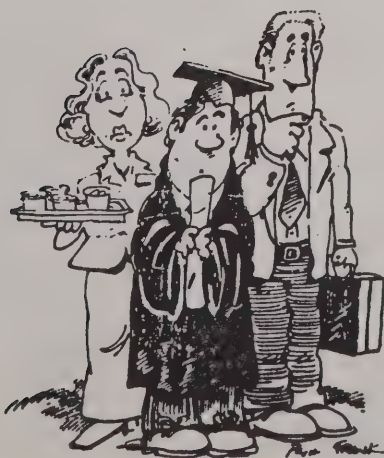
Agencies - The Office of Student Affairs maintains a file with infor-

mation on various health care agencies located around the Chicago area. We also have copies of *Nursing World Journal -Job Guide, Imprint*, and other publications that list addresses and other pertinent data on health care agencies around the country.

Positions Available - The big blue binder in 023 Schweppe contains notices received about open nursing positions. These are divided into graduate and undergraduate sections.

Graduate Programs - Information on many graduate nursing programs are also kept on file in the Office of Student Affairs. This information will give you an idea of what programs are available and the people to contact for additional help.

Remember that the Office of Student Affairs serves as the Placement Office for all nursing and medical technology students. Please feel free to use our resources as you continue your educational and career pursuits.





1988-89 Financial Aid Forms

Financial aid forms for the 1988-89 academic year will be placed in student mailboxes by the end of February. Completion of the College Service FAF need analysis is required for consideration of the Guaranteed Student Loan or any assistance through Rush University.

Gerontological Nursing Award

Undergraduate nursing students interested in care of the elderly are encouraged to apply for the "Excellence in Gerontological Nursing Award." The award is \$100 plus a plaque, which will be displayed on campus. It will be presented at the annual Awards Ceremony in June.

Criteria for selection are GPA of 3.0 or better, two letters of recommendation from nursing faculty and submission of an original work related to care of elderly or issues on aging.

The deadline for submitting an application and the above documents to the Gerontological Nursing Awards Committee is April 29, 1988. Applications are available in Dr. Judy Jezek's office (4th floor Schweppe) and the Gerontological Nursing office (424/JRB).

Joseph Collins Scholarship

Medical students who have a demonstrated interest in the arts and letters or other cultural pursuits outside the field of medicine are encouraged to apply for the Joseph Collins Scholarship.

The Joseph Collins Foundation was established in 1951 through a bequest of Dr. Joseph Collins for the purpose of aiding needy medical students to complete their M.D. program without sacrificing all other interests in the broad field of learning. The maximum annual award is \$2,500.

In addition to outside cultural pursuits, the following criteria are also considered: financial need; scholastic record; and an indication that the applicant intends to specialize in neurology, psychiatry, or general practice.

If you feel you meet these qualifications, please inform the Financial Aid office by March 1, 1988.



La Porte Hospital Scholarship/Student Loan Program

La Porte Hospital, the La Porte Hospital Foundation and the La Porte Hospital Auxiliary together have coordinated programs of assistance for area residents interested in pursuing careers in the health care fields.

In addition to scholarships, La Porte area residents may apply for assistance if enrolled in medical school. The application deadline for these programs is March 15, 1988. The application and brochure are available in the Financial Aid office, or you may contact the hospital's Volunteer Services office at (219) 326-2338.

Scholarship Assistance for BSN Students

The Cleveland Clinic Foundation Nursing Education Grant Program established a scholarship program for junior and senior nurses to receive up to \$3,000. In exchange, the student agrees to employment at the Cleveland Clinic Foundation for one year for grants up to \$1,500. Grants over \$1,500 require employment for an additional six months.

The application and information sheet are available in the Financial Aid office. The application deadline is March 15, 1988.



RUSH JOB GUIDE

Students interested in a job may obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list jobs for students.

Bone Marrow Transportation - One clinical assistant is needed for library research and to record lab results. Wage is \$5.50 per hour. Regular employment position. Contact Roberta Aiello at x23049.

Cancer Treatment Center - One student is needed 5-10 hours per week to assist Therapeutic Radiology in gathering information on cancer patients. Hours vary. Contact Dr. Kell or Louise Wnek at x25751.

Computer Assistant/Plato Room Monitor - Two or more students are needed in Computer Based Education to monitor the Plato room and software. Will train; typing a plus. Wage is \$5.25 per hour. Contact Jane Williams or Patricia Householder at x26556. *Must* be eligible for College Work Study.

Computer Based Education - One student is needed as a typist/clerical aide with general office duties; position to extend into summer if desired. Wage starts at \$4.75 with review after 12 weeks. Contact Jane Williams at x26556.

Financial Affairs - One student is needed to assist with general office duties. 5-10 hours a week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Paola DiDomenico at x26615.

Financial Aid - One student is needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Cecilia Corey or Bob Dame at x26256.

Learning Resource Center - Six media circulation clerks are needed to assist with general library and clerical duties, mostly in evenings and weekends. Some typing is required. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Chris Frank at x26799.

Medical Nursing - Several senior nursing students are needed to work as NAI's on a 21-bed oncology unit during weekends. *Not* necessary to be College Work Study. Wage is \$5.50 per hour.

Contact Marnie McHale at x25085.

Medical Oncology - One student is needed to collect data from medical records for a patient study. Needs to be familiar with medical problems/terminology. Wage is \$9-10 per hour depending on experience. 10-20 hours per week. Contact Esther at x23310.

Medical Student Programs - One College Work Study student is needed to assist coding research and to transfer numbers on line. Hours are flexible. May work at home or at the medical center. Salary is negotiable. Contact Linda at x28238.

Otolaryngology - One student is needed as a research assistant to help with daily chart review. Approximately 10 hours per week. Wage is \$5 per hour. Contact Paul Jones at x26303.

Pathology Assistant - One medical student is needed to assist in the gross area of Pathology (dissection, etc.). Wage is \$7.14 per hour. Contact Karen Jamaca at x25260.

Preventive Medicine - One or two clerical/office aides are needed to assist in data entry and general office duties. Wage is \$5-6 per hour. Contact Tracy Remijas at x22146.

Registrar's Office - Two students are needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Ann Schuppert or Joe Swihart at x25681.

Rush Library - Several students are needed to assist in general clerical duties. Hours vary. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Maggie Marshall at x22274.

Women's Health Consultants - One student is needed for light housekeeping of kitchen and lunchroom in Professional Building. Flexible hours; 1 hour in the morning and 1 hour in the afternoon. Wage is \$5 per hour. Contact Angie Kropp at 738-0799.

Clinical Honors

Behavior I

Fall 1987

Donna Abruzzo
Nancy Brachle
Patricia De Angelis
Julianne Dettmann
Sandra Heileman
Christine Post
Pamela Sikorski

Chicago Museums

by

Johnny Nightlife

Hello, wild and crazy Rush students. Guess what time it is! Yes, it's time to put those books down for a spell, get out and enjoy some of the great museums Chicago has to offer. Remember back to when our parents used to tell us never to talk to strangers? If we had listened to their advice, we would be socially inept. So get out there and meet people.

It's cold outside, so here is a list of several indoor Chicago museums that I personally recommend: The Adler Planetarium, the Art Institute, Chicago Historical Society, Field Museum, Museum of Broadcast Communications, Museum of Contemporary Art, Museum of Science and Industry, the Peace Museum, and the Terra Museum of American Art. (But wait; there is more!) The DuSable Museum of African American History, CPL Cultural Center, the Mexican Fine Arts Center Museum, the Oriental Institute Museum, and the Spertus Museum of Judaica. (Whew!) Addresses and times can be found in the weekly *Reader* or in the Yellow Pages. See you at the museums this weekend.

A BIG HELP FROM A FRIEND

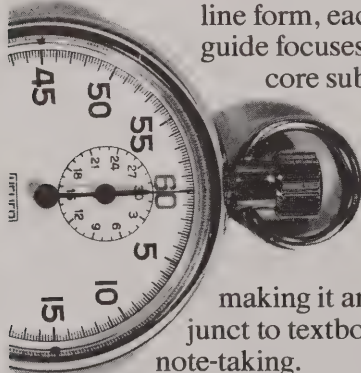
At last, nursing students have comprehensive study guides to help them through the tough courses ahead.

And, at last, nurses returning to practice or changing clinical areas have up-to-date outlines to help them review and refresh their knowledge.

In short, there is now the kind of big help nurses need to meet today's demanding study requirements.

Springhouse Notes.

Providing essential material in outline form, each study guide focuses on one core subject area,



Springhouse Notes help maximize study time.

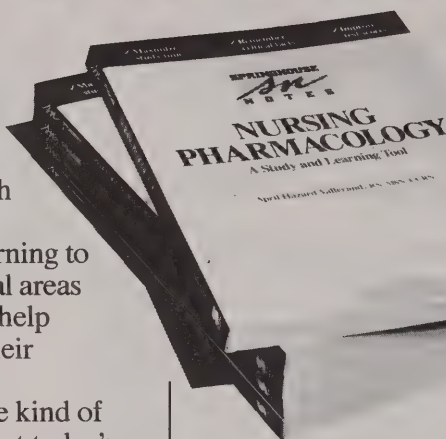
making it an ideal adjunct to textbooks and note-taking.

Each guide is written and reviewed by expert nursing faculty currently teaching the subject, and is guided by a respected Advisory Board.

In short, these are study guides specifically designed to meet the special study needs of students at all levels, no matter which textbook is being used.

For example, chapters are preceded by a series of learning objectives that serve as self-evaluation aids and as pre- and post-test questions.

Key points are highlighted in color for quick reference.



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The First Study Guides Created For Nurses

Eight volumes are now available:
Nursing Fundamentals
Pediatric Nursing
Nursing Pharmacology
Maternal-Newborn Nursing
Mental Health and Psychiatric Nursing
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Notes
NOTES



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PUBLISHING
COMPANY**

Graphics and charts further clarify crucial information.

Points-to-remember summaries at the end of each section make primary information easily accessible.

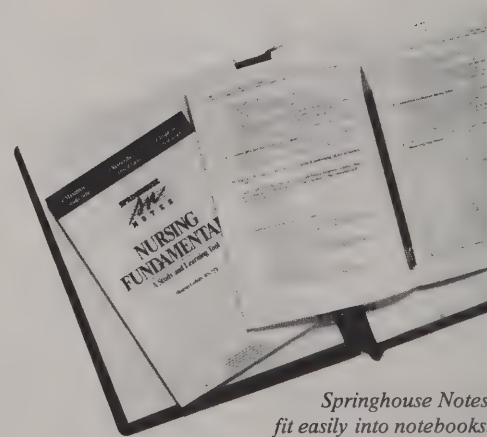
Glossaries define difficult and often misunderstood terms.

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Springhouse Notes. Even if they weren't the only study guides for nurses, they'd still be the best study guides for nurses.

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Springhouse Notes fit easily into notebooks.

CAREER FAIR/ GRADUATE OPEN HOUSE

Wednesday, March 2

Over 75 representatives from hospitals, health care agencies and graduate schools will be setting up booths in the Lower Atrium on Wednesday, March 2, to recruit prospective employees and/or students to their programs. All nursing and health science students are encouraged to attend this event which will run from 12 noon until 4 p.m.

Information regarding employment opportunities and admission requirements for some of the largest nursing employers and graduate programs in the country will be available. Undergraduate senior nurses will be given time during their nursing clinicals on March 2 to attend the fair and discuss their futures with recruiters. Many recruiters are hoping to schedule on-site interviews with prospective employees during the upcoming spring break. If you are interested in obtaining additional information concerning this program, please call Paula or Jim in the Student Affairs Office at x26302.

SGA News

The Nurses Student Government Association, in conjunction with the Chicago Police Department, recently held a session on street and city safety. Along with tips on how to protect yourself, the Whistle Stop Program was also explained.

Coming up in February, Student Government is planning to have a panel of current and postgraduate nursing students answer any questions you may have regarding different programs, pay differential with more education and job options. The date is tentatively set for February 25. Please watch for more information.

Calling All Talent!

Each year several events are scheduled to allow you a chance to share your talents with fellow students. These are being announced at this time to give you ample time to plan and build up your courage.

The Music Recital

Scheduled for Thursday, May 5, 1988, the Music Recital features classical music. The program is coordinated by Dr. Armando Susmano and the RMC Committee on Student Affairs and is held in the main lobby of Room 500. All student and faculty musicians are invited to participate. To sign up or for more information, contact the Office of Student Affairs, x26302.

The Art Fair

Visual and written art are the focus of this fair scheduled for the week of May 2 to 6. Photos, paintings, sculptures, etc. are displayed in the Rush University Library. Written works (poetry, short stories, etc.) are also displayed. Sign up will be in early April. Watch the *Reporter* for further information.

Open Mike Night

Here is your chance for stardom and to lose your inhibitions. After all, the king is dead and the world is waiting for a new idol. It just might be you! Comedians, musicians, singers, magicians... All are welcome at Open Mike Night, scheduled for Friday, April 24. Be watching for the opportunity to show yourself off.

Former Faculty Remembered

Dr. Janet Kinney, Emeritus, represented Rush University on the recently formed Illinois Health Care Hall of Fame Committee. This group inducted ten figures associated with Chicago in recognition of this city's 150th anniversary. One of those so honored is none other than the illustrious founder of Rush Medical College, Daniel Brainard, M.D. Five other faculty and staff in the history of Rush Presbyterian-St. Luke's were also inducted. They are Nathan Smith Davis, Daniel Hale Williams, Christian Fenger, James Bryan Herrick and Ludvig Hektoen.

Maybe one day your name will be listed, too!

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

In the last several months, I have facilitated two eight-week support groups for Rush employee mothers of children five and younger and another group will begin soon. All of these women have demanding positions; most of them are caregivers whose current lives consist therefore of 24-hour-a-day care of others. Despite the fact that they earn a living wage and have married partners with whom to share parenting, their lives are hectic and demanding. This experience has led me to do some thinking and reading about parenting and daycare. In this discussion, I use the term daycare and child care interchangeably to refer to all types of arrangements: caretaker in parent's home or her home, daycare center, etc.

Although the majority of Rush students are not parents, my experience suggests that the topic of having children is a continuing one. Nearly all female students discuss it at some point; occasionally a male student will mention his wish to have children but as a rule it is gay men who refer to raising children as a strong wish but one which will probably go unrealized. Female students nearly always worry in advance about how they will combine child-rearing and work in a satisfying way. Perhaps males have this concern as well but I have heard it expressed rarely.

First, some statistics. Soon after their child is born, 50 percent of the mothers in this country return to work; this number rises to 60 percent when children reach the age of 3. Only 2 percent of business and government employers sponsor daycare centers for their workers' children and only 3 percent provide financial assistance designated for the care of children. What about the nation's other employers? More than 10 percent provide specific benefits or services related to child care and 50 percent more have established work practices such as flexible hours and leave policies, job sharing and voluntary part-time arrangements to help working parents. It is the employers of large numbers of workers who establish child care facilities in the workplace; most smaller businesses cannot afford this and so offer some of the work practices mentioned above.

Despite these advances, working mothers still have two full-time jobs. Most of us agree both that women have the same right as men to pursue interesting work and that most women work from an economic imperative. Yet few of the institutions in our society have kept pace with the needs of working parents, married or single. For example, a typical problem occurs when children or child care workers become ill and the mother (sometimes the father) stays home or leaves work to take the child to a physician. Presently, most workplaces force her to say that she is ill in order that the missing time be allocated to her sicktime allowance. As an example closer to home, hospital internships and residencies

usually give grudging support to the needs of pregnant women. Few residency programs allow two half-time residents to share a slot over an extended time period. In a sense, these practices penalize the working parent since no allowance is made for events in the lives of her or his children. Such systems allow us to ignore a real problem for parents. What if institutions acknowledged this issue and changed their policies accordingly? You may well think of other ways in which society's institutions have not yet come to terms with the fact of the two-parent worker phenomenon.

At least two types of issues face working mothers. One concerns finding and maintaining safe, affordable child care which will permit her to carry out her work responsibilities without frequent disruption. Women in the support group spoke of their continuous low-grade fear of losing a good child care person and of the chaos in their lives when this fear became a reality. They expressed concern that the worker's attention and concern might not be as focused on the child as their own was. They spoke of the guilt they felt when their child care worker was discovered to be less safe and/or competent than was apparent at hiring. They always felt torn when they had to leave a sick child in the care of another, no matter how competent. These issues circulate in working mother's minds more than we know.

A second important issue concerns the level of understanding by which she and her partner (in the case of married mothers) share child care responsibilities and the impact of this on their relationships. Women in the group spoke of chaotic mornings, getting children relatively fed and clothed and out the door to the child care setting. Is this her job or do they share it? Do they share it amicably or with resentment and anger? Do he and she have any real contact with each other before setting out for a busy workday? At the end of the day, both parents and children are hungry, tired and crabby; do the parents work together to prepare food and keep the children in one piece or is this her job? After an exhausting evening of baths, stories, etc., do they have any energy left for each other? Do they have to expend this little remaining energy on planning the next day's work?

Who stays home with the sick child or takes him or her to the doctor? Who arranges for new child care when needed? It is usually the mother who undertakes these responsibilities. Does this mean her job is less important than his? Does this mean that she is more concerned than he that their child be happy and safe with a new caretaker? How does the couple work out these questions? The demands of young children (and the internal demands of the parents to do a good job) will

(Cont'd on p. 9)

(Cont'd from p. 8)

exhaust any working couple but if they are not in synchrony about sharing the care, the burden can become intolerable. This sharing arrangement also has to be renegotiated occasionally as the demands change; the best laid plans made during pregnancy can go awry when the baby becomes a reality. Talk and keep talking to one another.

Finally, what about the impact of daycare on children? According to a child psychologist I consulted, there is as yet no definitive word on the effects of daycare and may never be as it is too vast a subject for any narrow conclusion. Academics differ. Jay Belsky's early research was affirmative but recently he has begun to report some difficulties with children in daycare. On the other hand, Jerome Kagan who first felt daycare was not good for children has changed his mind and is now a proponent. The question is not whether daycare or not daycare is better but what are the characteristics of good daycare? The fit between the daycare placement and people and the child is critical. Also very important is your own knowledge of your child and your honest assessment of your work demands. Being clear about both of these will allow you to make the best choice.

Here are some readings for those of you who would like to read more about it.

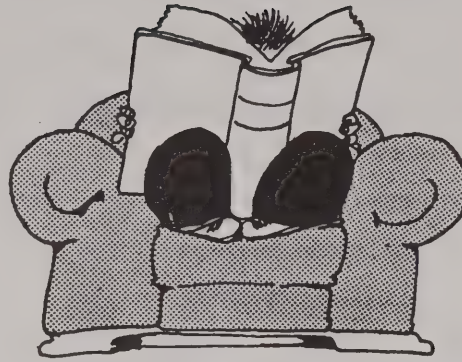
Sandra Scarr. Mother care, other care. 1984, Basic Books.

Alison Clarke-Stewart. Day care. 1982, Harvard University Press.

Kathleen Gerson. Hard choices: How women decide about work, career and motherhood. 1985, University of California.

Jerome Kagan. The nature of the child. 1984, Basic Books.

Stella Chess and Thomas Birch. Know your child. 1987, Basic Books.



What They're Reading on College Campuses

1. *The Tommyknockers*,
by Stephen King
2. *Garden of Shadows*,
by V. C. Andrews
3. *Far Side Observer*,
by Gary Larson
4. *Windmills of the Gods*,
by Sidney Sheldon
5. *Billy and the Boingers Bootleg*,
by Berke Breathed
6. *The Closing of the American
Mind*, by Allan Bloom
7. *Leaving Home*,
by Garrison Keillor
8. *Veil*,
by Bob Woodward
9. *Time Flies*,
by Bill Cosby
10. *Whirlwind*,
by James Clavell

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Who Knocked Over the Labor Stool?

by
Mary Ann Moran

It was a dark and stormy night....

Two women, well skilled in midwifery, were discussing news that was rapidly spreading through the English countryside in 1616.

Malinda's voice bellowed, "What business have men in womanly affairs! Those Doctor Chamberlens know nothing about birthing. Imagine, using such a violent, wrenching method to bring delicate life into this world! Forceps! Men ought to keep their noses—and their hands, I might add—and their disgusting ideas—out of such private female matters."

"It's those surgeons," replied Lily, a frail-looking lady, "those men, who want to use those forceps. I hear some midwives wrote to the bishop of London. Remember Jane Christian? Her baby was pulled out with a big dent in its head and died by that instrument, I'm sure!"

"And we're barred from learning new science," added Malinda. "We cannot attend University or medical school. Aw, Chamberlen is a capitalist, too."

"It'll be a sad day when men control nature—nature ordained by God to be a woman's province," sighed Lily.

Postscript: Out of a present enrollment of 493 at Rush Medical College, 194 are women. We've come a long way, baby, but the road is long....

ENTERTAINMENT

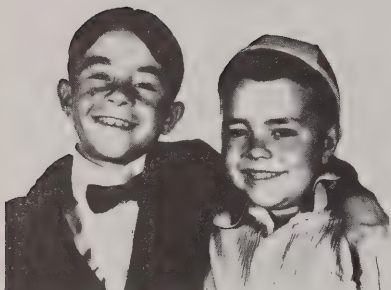
SPECIAL MOVIE PRESENTATION

MOVIE SHORTS

FRIDAY, FEBRUARY 26

A. B. Dick Auditorium 7 p.m.

No Rating



Rush University Board Comedy Movie Shorts Night featuring outrageous cuts from the abused Play-doh - *Mr. Bill*; all the Little Rascals in - *Our Gang*; Larry, Moe and Curly in - *The Three Stooges*; the Looney - Bugs Bunny; and the sex farse - *Thin Walls*. This is the perfect way to relax, get your mind off the books for a few hours and lose yourself in laughter.

Sponsored by
the Rush University Board

Life's a Beach!

Friday - February 19

8:30 p.m. to 1 a.m.

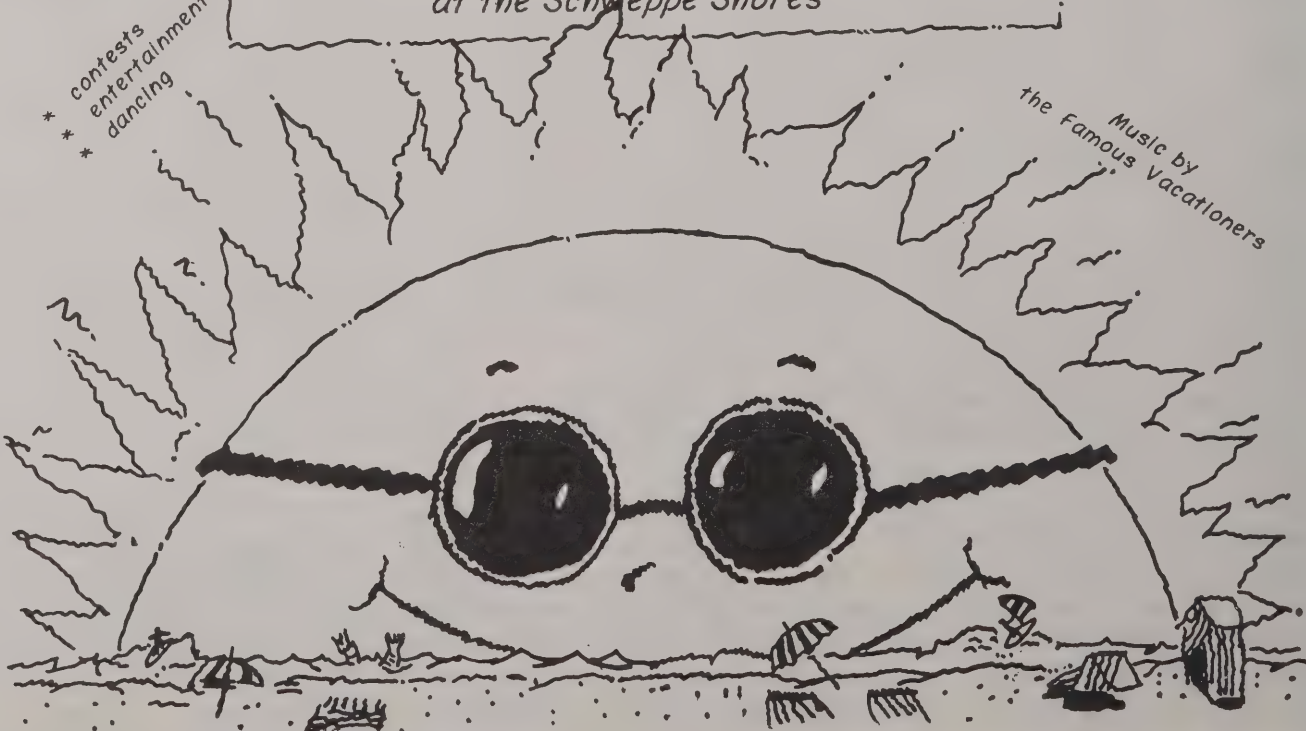
at the Schweppe Shores

All
students & faculty
welcome.

* contests
* entertainment
* dancing

You just might see:
Gidget & Moon Doggie
Annette & Frankie
the Big Kahuna

Music by
the Famous Vacationers



ENTERTAINMENT

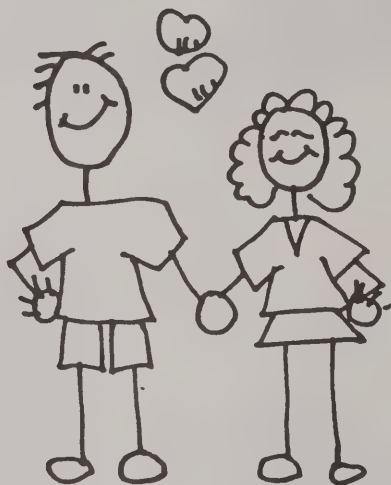
FROM HERE TO ETERNITY

FRIDAY, FEBRUARY 12
A. B. Dick Auditorium 7 p.m.
No Rating



Burt Lancaster, Montgomery Cliff, Deborah Kerr and Frank Sinatra offer Academy Award winning performances in the 1953 action packed war movie *From Here To Eternity*. This classic story of tough military men caught in petty rivalries won eight Academy Awards. If you are in the mood to watch a great war picture, then *From Here To Eternity* is a movie you do not want to miss.

DATING GAME / T.G.I.F.



Attention all single and unattached Rush students. The search for that perfect mate is about to end. The T.G.I.F. on Friday, February 5, will include a chance for you to release your inhibitions and meet that dream date of your life. The Dating Game/T.G.I.F. is scheduled from 4 to 7 p.m. in the Schweppe Studios and will feature the traditional beverages and snacks. The Peer Counselors will be serving as your hosts for this night of romance, so please remember to bring some form of I.D. stating your correct date of birth.

Any students interested in participating in the Dating Game will be given the opportunity to register at the front door. The Rush University Board has lined up some great dates for our winners (as well as some great questions)! As always, the beverages and the laughs are free.

Hope we see you there!

PURCHASE YOUR TICKET TODAY

Saturday, February 13, is the date set for the Rush University All-Campus Semi-Formal Dinner Dance to be held at the Athens Crystal Palace Ballroom (700 S. Wabash) in downtown Chicago. The Rush University Board and the Office of Student Affairs are strongly encouraging everyone to purchase tickets for this valentine's dinner dance prior to **Monday, February 8, 1988**. Tickets are on sale in the Student Affairs Office for \$25.00 only until the 8th. No tickets can be sold after this date.

Included in this ticket price are three hours of open bar, a full course filet mignon dinner and dancing from one of Chicago's best D.J.'s - Brad from Juke Box Saturday Night. This is a great chance to dress up, socialize with your classmates and escape the Rush environment. Please be aware that a date is not a requirement for attending this dance. Seating is on a first-come, first-serve basis so please try to arrive early if you would like to reserve seats. If you have any questions or would like additional information, please feel free to call Paula or Jim in the Office of Student Affairs at x26302.



We're "slap" happy that it's almost time for the Beach Party!

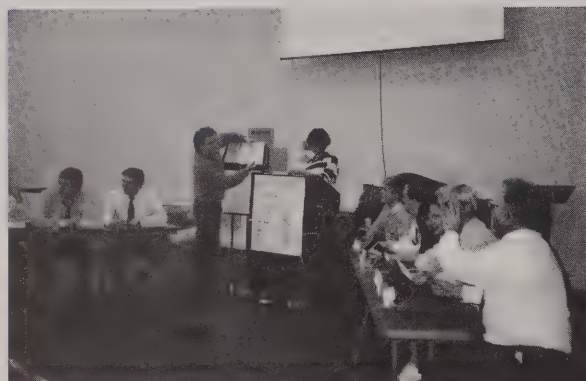




Trivia Champs
(do these guys know
anything that really
matters?)



Another happy donor!



Competition! (?)



Gourmet Fest



These Bud Spuds are great!



2nd Place Team
Trivia Bowl

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SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

VOLUME XI NUMBER 6

MARCH, 1988

Rush University Reaccreditation Scheduled

On April 4-6, five site visitors from midwestern universities will be on campus to conduct an accreditation review of Rush University. The team will be chaired by Dr. Sherwin Mizell, Professor of Anatomy at Indiana University, and its members will include the following: Dr. Suzy Fletcher, Professor and Director of the Graduate Program for the School of Nursing, Indiana State University; Dr. Franklyn Knox, Professor for Education and Dean of the Mayo Medical School; Dr. Irwin Rubenstein, Professor of Genetics and Cell Biology, University of Minnesota; and Dr. Christopher Sword, Graduate Dean, Director of Research and Professor of Microbiology, South Dakota State University.

During the past two years, faculty, students and staff have been studying Rush University in preparation for the reaccreditation. A major outcome of this effort is the publication of A Self-Study Report of Rush University, which examines strengths, concerns and future issues regarding the university. All students will receive a copy of the self-study in their student mailboxes in the Academic Facility. Please take a few moments from your busy schedules to examine the report. If you

have comments about it, you should address them to your program director or dean.

During the on-campus visit, members of the site team will meet with students to discuss the educational experiences, facilities, programs, personnel and other aspects of being a student at Rush University. You are encouraged to be honest and forthright with the visitors if they talk with you.

The purpose of accreditation is to assure that your educational program and the institution within which it is offered meets reasonable standards. The site team will particularly examine the consistency and public nature of our mission as a postsecondary institution; the effective organization of our human, financial and physical resources; how well we are accomplishing our purposes; and how well we can continue to accomplish our purposes.

The Rush approach to the accreditation process has been a positive one throughout. We believe that it will provide a means of improving our educational quality. We welcome the site visitors to our campus and look forward to their comments about how we can become even better and stronger in the future.

NEWS FOR

'88

GRADS



With commencement looming ever closer, the stylish Rush graduate's thoughts turn to cap and gown measurements. Stop by at your earliest convenience to the Student Lounge, 023 Schweppe, and witness the fastest tape measurers in Chicago. All students who are planning to participate in commencement festivities need to be sized up.

The measurement process is reasonably painless and takes only a few minutes. We will check your head size to see if it's grown with your newly acquired knowledge and ask how tall you are while wearing shoes. If you're good, we won't require you to answer the weight question.

Any questions should be directed to Student Affairs, 023 Schweppe, x26302.

Illinois Hospital Association Scholarship

The Council on Volunteers of the Illinois Hospital Association awards \$500 scholarships to students in a health care professional curriculum who meet the following criteria:

- an Illinois resident
- a GPA of 3.5 or better

The application form is available from the Financial Aid office and has an application deadline of April 15, 1988.

RUSH JOB GUIDE

Students interested in a job may obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list jobs for students.

Cancer Treatment Center - One student is needed 5-10 hours per week to assist Therapeutic Radiology in gathering information on cancer patients. Hours vary. Contact Dr. Kell or Louise Wnek at x25751.

Computer Assistant/PC and Plato Room Monitor - Students are needed in Academic Computing Resources to monitor the PC room and edit/program on Plato. Will train; typing a plus. Wage is \$5.25 per hour. Contact Jane Williams or Patricia Householder at x26556.

Financial Aid - One student is needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Cecilia Corey or Bob Dame at x26256.

Learning Resource Center - Six media circulation clerks are needed to assist with general library and clerical duties, mostly in evenings and weekends. Some typing is required. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Chris Frank at x26799.

Medical Nursing - Several senior nursing students are needed to work as NAI's on a 21-bed oncology unit during weekends. *Not* necessary to be College Work Study. Wage is \$5.50 per hour. Contact Marnie McHale at x25085.

Medical Oncology - One student is needed to collect data from medical records for a patient study. Needs to be familiar with medical problems/terminology. Wage is \$9-10 per hour depending on experience. 10-20 hours per week. Contact Esther at x23310.

Medical Student Programs - One College Work Study student is needed to assist coding research and to transfer numbers on line. Hours are flexible. May work at home or at the medical center. Salary is negotiable. Contact Linda at x28238.

Pathology Assistant - One medical student is needed to assist in the gross area of Pathology (dissection, etc.). Wage is \$7.14 per hour. Contact Karen Jamaca at x25260.

Registrar's Office - Two students are needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Ann Schuppert or Joe Swihart at x25681.

Rush Library - Several students are needed to assist in general clerical duties. Hours vary. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Maggie Marshall at x22274.

Student Nurse Technician - Ten undergraduate nursing students are needed this summer in the Student Nurse Technician Program at VA Lakeside Medical Center. Pay is \$8.52 per hour. Contact Ms. Johnetta Murphy, R.N., Nurse Recruiter, at 943-6600 ext. 446.



YOU REALIZE, OF COURSE, THAT IF THE GOVERNMENT CUTS STUDENT AID THAT MEANS NO MORE FEDERALLY SUBSIDIZED SPRING BREAKS.

Study Skills
by Michael J. Harris, Ph.D.
Director of the Academic Skills Center

TIPS ON EFFECTIVE TIME MANAGEMENT

1. Plan. Begin each day by making a general schedule with particular emphasis on two or three major things you would like to accomplish, including things that will help you reach your long term goals. Do not let today's busywork crowd out your planning time.

2. Concentrate. The amount of time you spend on a project is not the critical factor in its success or outcome, but rather the amount of *uninterrupted* time.

3. Take breaks. You should not think of a "rest" break as poor use of time. Taking a break is a major factor in reducing stress and, therefore, plays a part in increasing your efficiency for work or study.

4. Avoid clutter. When your study area becomes a "disaster area," take the time to reorganize it. Divide your papers into these categories: (1) immediate action, (2) low priority, (3) pending and (4) reading materials. Clear off *everything* except the highest priority materials. This should be *daily* standard operating procedure. It will also help get the next day's activities off to a good start.

5. Don't be a perfectionist. There is a distinct difference between striving for excellence and striving for perfection. The former is attainable, gratifying and healthy. The latter is probably unattainable, frustrating and can lead to neurosis, in addition, to wasting a tremendous amount of time.

6. Don't be afraid to say no. Declining invitations which distract you from your priority tasks should be done tactfully but firmly. You benefit by ignoring requests that do not contribute to accomplishing your goals.

7. Don't procrastinate. Psychologist William James offers advice about defeating procrastination: (1) Decide to make necessary changes *right now* while you are motivated, and (2) Don't try to do too much too quickly. You may have to force yourself at this moment of awareness to do the one thing you have been putting off. Resolve to begin today and each subsequent day doing the least pleasant item on your agenda, even before beginning your daily routine. Make no exceptions. Be tough with yourself in the initial few minutes (and days) of a new activity. Psychologists tell us that this approach will lead us into new, in this case, more desirable habits.

8. Apply radical surgery. (A truly appropriate metaphor for the budding surgeons among our readership) Cut out once and for all the time wasters that are boring, divert you from your true goals and sap your energy. Apply this principle to both your personal and profes-

sional life.

9. Don't be a "workaholic." Keep a healthy balance in your life by consciously including appropriate vacations, "leaving the books" (or office or lab) behind from time to time. Ignoring your own recreational needs as well as the needs of your significant others for "quality" time with you is unhealthy and may result in losing control of your time.

What They're Reading on College Campuses

1. *The Tommyknockers*,
by Stephen King
2. *Windmills of the Gods*,
by Sidney Sheldon
3. *Time Flies*,
by Bill Cosby
4. *Calvin and Hobbes*,
by Bill Watterson
5. *Far Side Observer*,
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8. *Leaving Home*,
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10. *The Closing of the American Mind*,
by Allan Bloom

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Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

When Hal Lear was 53, he had a successful urology practice, growing expertise as a sex therapist, a bright and loving wife, two well-adjusted grown children and a series of myocardial infarctions. The battle waged by Hal and his wife, Martha, against his increasingly debilitating cardiac disease is the theme of *Heartsounds* (Martha Weinman Lear, Pocket Books, 1980).

When Hal did not make a "normal" recovery from his first cardiac incidents, his medical curiosity and his need to control his life led him through encounters with cardiologists, neurologists and psychiatrists. Knowing the inherent dangers of doing so, he frequently became his own physician because his doctors could not explain the various symptoms—fevers, fatigue, arrhythmias, brain impairment—which plagued him. Life for Hal and Martha became a round of hospitalizations and night terrors. Through it all, they nearly always managed to preserve a sense of (black) humor and fullness of love.

In addition, Hal was energized by a strong sense of outrage when his colleagues breached his concept of good medical practice. One of the values of the book is its revelation of the ways in which nurses and doctors can heal and harm. The gentleness of women caretakers, whether nurses, medical students or physicians, was treasured by Hal; their touch, their voices carrying concern, even their tears cut through the impersonal coldness of the hospital. House staff did the greatest harm, usually from fatigue

and the wish to be left undisturbed. There was the occasional jewel and credit was given him or her.

In recent years, there has been a spate of books of the Doctor-Becomes-A-Patient-And-Regains-His-Humanity variety. Reading them, one feels both sweet revenge when the doctor-patient suffers the same pains he or she has inflicted upon others, and a sense of the fitness of things when this suffering softens his or her subsequent understanding of patients. Hal Lear is not one of those predictable stereotypes who found his humanity in a hospital bed. It was, in fact, his experiences in hospital beds that sorely tested his natural sweetness and trust in his medical colleagues.

The book can be read on several levels: as an exposition on heart disease, as a lesson in the sociology of modern medical care, as a study of the psychological effects of serious illness, or as a deeply stirring love story. It was all of those things to me. I once gave a copy of the book to a friend graduating from medical school at Rush. She went on vacation and promptly forgot the book. Then, as a resident on the MICU, she heard the book mentioned, pulled out her copy, and got hooked. In telling me that she now knew why I had given her the book when I did, she said, "You can't imagine how much more tender I became with patients and their families—it made such a difference. My rotation through the MICU was the perfect time to read that book."

Maybe it was. *Anytime* is the perfect time to read this book.

Library and LRC Merge

On January 1 the Library of Rush University and the McCormick Learning Resource Center merged into one department. The merger is intended to be a cost-efficiency move and does not affect any of the services that either department offers. The LRC is now a department in the Library's Information Services division administered by Christine Frank, former LRC Director.

Daily operations of the LRC are now overseen by Ginny Kimzey, LRC Librarian. Ginny comes to Rush from Texas Women's University in Dallas where she was Director of the Nursing and Allied Health libraries. Please introduce yourself the next time you're in the LRC. Ginny will be happy to help you find needed audiovisuals from either the LRC collection or from commercial or interlibrary loan sources. Ginny's extension is 26799.

FRIENDLY VISITING

The Niles Trident Center is looking for students interested in volunteering for a new program in the Niles community. This program will provide weekly visits to people restricted to their homes due to age, illness or disability. Goals are to encourage friendship, foster a sense of belonging and alleviate loneliness and isolation of homebound persons.

If you are interested in gaining practical field work experience with the elderly or disabled, call Christine Connelly at 967-6100x376.

A LOW CHOLESTEROL DIET - JUST WHAT THE DOCTOR ORDERED

by Meg Evans R.N., Employee Health & Fitness and Charles Grodzin, M2

Each year 550,000 Americans die of heart disease. While a number of factors contribute to this figure, one that has received increasing attention is cholesterol. Recent studies uncovered a link between heart disease and the level of cholesterol in the blood. Studies also indicate that with some basic diet changes cholesterol levels can be lowered and the risk of heart disease significantly reduced.

The level of cholesterol in the body is dependent primarily on two factors: the rate at which cholesterol is produced by the body and the amount added by diet.

While a certain amount of cholesterol is necessary for bodily functions, excess levels pose a danger to the heart. High cholesterol can lead to accumulation of fatty materials in arteries leading to the heart. They stick to the artery wall and choke off the supply of blood, oxygen and nutrients to the heart muscle. Without these essential ingredients, small areas of the heart muscle are destroyed and the overall capacity of the heart to function is reduced. The result is chest pain or a heart attack and possibly death.

The National Heart, Lung and Blood Institute suggests that all persons know their cholesterol levels, assess their status according to national standards and take appropriate action.

National Institute of Health Cholesterol Guidelines

Less than 200 mg/dl	Desirable levels
200-239 mg/dl	Moderate risk
240 mg/dl and above	High risk

High blood cholesterol when present with another major risk factor (high blood pressure or smoking) further increases your risk for heart disease.

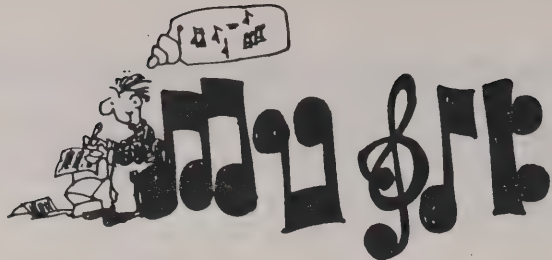
Along with proper follow up with your health care provider, dietary changes are a simple way of reducing cholesterol risk. Here are some good dietary choices you can make.

- (1) **Eat less high cholesterol food.** Cholesterol is found only in foods of animal origin like meat, dairy products, liver and eggs. Substituting poultry without skin or fish which are high in protein and have about half the calories is a simple start.
- (2) **Eat less high fat foods.** Simple changes like choosing leaner cuts of meat and cutting off all visible fat before preparation, using skim milk and low fat cheese and avoiding commercially processed and prepared foods makes hearty sense. In cooking substitute unsaturated fat oils (safflower and sunflower) for saturated fat oils (coconut, palm and butter).
- (3) **Increase the amount of carbohydrates.** Try adding pasta, cereals, rice or beans. These foods also carry only about half the calories as fatty foods.
- (4) **Eat plenty of fruits and vegetables.** Try them as a snack or to enhance meals.
- (5) **Preparing foods.** Cooking methods such as broiling, boiling, roasting or stewing are helpful in removing fat from your diet.

Adopting such dietary changes can have an immediate impact. Cholesterol levels should begin to decline within two to three weeks. However, reduction is gradual and a long term approach is necessary to achieve significant results. For lifelong protection from the cholesterol danger, diet changes must be permanent.

Reducing cholesterol will not eliminate the chance of heart disease but will reduce the risk significantly. For every 1 percent reduction in blood cholesterol, the risk of heart attack declines by 2 percent. Considering these benefits, adopting a low cholesterol diet is a small price to pay.

For more information call Employee Health Service at Rush at 942-5309 or talk with Charles Grodzin, M2.



Musical Gala
for the benefit of the
Rush University Faculty Wives' Scholarship Fund

Date: Friday, April 22, 1988
 Room 500, 5 p.m.

Program: Mr. Dimitry Paperno - Concert Pianist

For more information call:
 942-5845 - Bookstore

Contributions:
 \$30.00 per person
 (Attending Staff, Faculty, RUFW Members,
 University/Medical Administration)
 \$15.00 per person
 (House Staff)
 \$7.00 per person
 (Rush University Students)

Interview Skills Workshop

It's all too easy to work up a serious case of stage fright before an interview, but it's really not warranted. Remember, the point of an interview is to exchange information—not to subject you to the third degree. The key to staying calm, of course, is that old scout adage called "Quality Preparation."

Suzanne Klinetop from Nurse Recruitment and Jim Waite from Student Affairs have teamed up to present a short interview skills workshop for Thursday, March 10, from noon to 1 p.m. in room 317 Schweppe-Sprague. Graduating students preparing themselves for that first interview and others who will be interviewing for summer positions are encouraged to attend.

Topics of discussion will include proper dress, listening skills, nonverbal actions, as well as learning how to answer and ask questions. If you are interested in attending, please sign up in the Office of Student Affairs (x26302). Beverages will be provided.

Budget Drinkers Guide to Chicago

by Johnny Nightlife

Hello, Rush University. This is Johnny Nightlife back to help you escape the winter blues. One of the biggest complaints I hear from college students is that they have no funds to go out. To help those students who have the guts and no bucks to venture away from Taylor Street and on to some real excitement, I've compiled the following list of "hot stops."

For the Guys

Tuesdays: **The Octagon** at 2483 N. Clark offers twenty-five cent draft beer as does **Side Kicks** at 7802 Madison in Forest Park. Both clubs have great dance music and a large following.

Wednesdays: **Muldoon's Saloon** at 22 W. Elm has twenty-five cent drafts all night. This club has a friendly atmosphere and plenty of interesting people.

The Pumping Co. at 6157 N. Broadway also has quarter beers. If you like a college atmosphere with good rock-n-roll, then this place is well worth the drive.

Fridays and Saturdays: Both **Bedrocks** at 2856 N. Broadway and **Octagon** have \$5 drink specials. Pay \$5 and drink for free from 9-11 p.m.

For the Gals

Mondays: **Neo's** at 2350 N. Clark has free drinks for ladies all night long. If you can stand the strange atmosphere and spiked hair, then this is the place to go. **P. J. Wells** at 1530 N. Wells has free drinks from 9 p.m.-12 midnight every Monday and Wednesday. Rumor has it that it's becoming the new hang out for many Rush students.

Thursdays: Both **Clubland** at Belmont and Sheffield and **Avalon** right around the corner have reduced prices and no cover. I feel both of these clubs offer the best dancing in the city.

Good luck with your studying, but do remember to take time off now and then to enjoy Chicago. See you next month.

Thanks for Having a Heart

The RPSLMC Blood Center would like to thank everyone who supported the Student Affairs blood drive on January 13. The staff appreciated the concern and patience of those who stayed after class to give blood.

The blood collected that day was especially precious since volunteer donations are always low after the holidays. Students who supported the drive helped the Blood Center avoid a critical shortage and ensure that all RPSLMC patients received the blood they needed.

We hope to see you and a friend at the next Student Affairs drive on April 13.

ENTERTAINMENT

O' T.G.I.F. FRIDAY, MARCH 4



St. Patty's Day. The day all o' Chicago turns green and speaks with a brogue. Unfortunately, the luck o' the Irish is not with O'Rush University because someone scheduled finals on that day. O'Bummer!

How could you possibly be in Chicago and not celebrate? You just can't. But Irish eyes are smiling for celebrating at O'T.G.I.F. on Friday, March 4, from 4 to 7 p.m. at the Isle of O'Schweppe. Those little leprechauns from the Nursing Alumni Association will be our sponsors and will eagerly serve you munchies and beverages. That's no blarney!

So don your best green clothes and come out for a bonny good time!

Star Trek IV THE VOYAGE HOME

FRIDAY, MARCH 11, 1988
A. B. Dick Auditorium 7 p.m.
Rated PG

THE FATE OF THE FUTURE LIES
HIDDEN IN THE PAST,
SOMEWHERE ON EARTH...1986.



PG



STAR TREK IS A REGISTERED TRADEMARK
OF PARAMOUNT PICTURES CORPORATION



A PARAMOUNT PICTURE

Trekkies rejoice! The adventure continues in the latest chapter of the Star Trek saga. The entire crew of the U.S.S. Enterprise is together again for another perilous voyage that propels them from the far reaches of the final frontier of space back through time to 20th century San Francisco. Star Trek IV: The Voyage Home combines intelligence and wit with breathtaking thrills. Don't miss this one!



BUILD YOUR OWN SUNDAE

Suffering from those "I-gotta-study-for-finals Blues"? Research has shown that test anxiety can be reduced by ingesting doses of chocolate syrup generously applied to scoops of Baskin-Robbins ice cream. Follow this up with mounds of whipped cream, nuts and sprinkles and exams become merely a means to that great end known as "Spring Break."

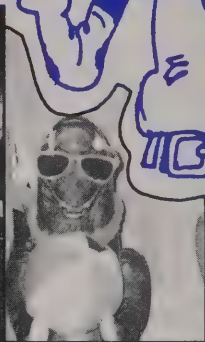
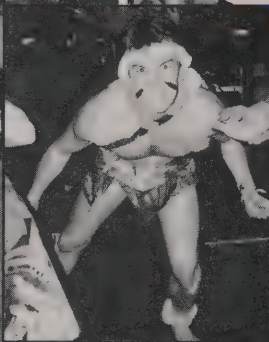
Come for your "medication" at noon on Wednesday, March 9, in the Schweppe Auditorium. Bring your imagination and your sweet tooth. Ice cream and various sundries will be provided. All students and faculty are welcome to attend.

THEATRE OUTING TO SECOND CITY PRODUCTION OF...

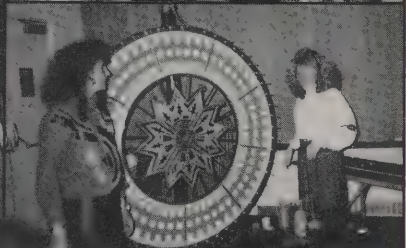
"JEAN-PAUL SATRE & RINGO"

SATURDAY, APRIL 16TH
11 p.m.

TICKETS: \$8.00 OFFICE OF STUDENT AFFAIRS



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SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

VOLUME XI NUMBER 7

APRIL, 1988

Rush University Week *May 2 - 6*

A week of many exciting and entertaining events are scheduled this year for Rush University Week. Notice that we said week instead of day! That's right, surrounding Rush University Day (Wednesday, May 4) will be the following events open to all Rush students, faculty and staff:



Monday, May 2

Meet the Artists and Musicians (noon) - A reception will be held in the hallway outside the Rush library to honor all the participants in the art fair and music recital. This is an excellent opportunity to meet the various Rush artists whose art work will be on display in the library from

Wednesday, April 27, to Friday, May 6, and the Rush musicians who will participate in the music recital on Thursday. Refreshments and snacks will be served.

Tuesday, May 3

Literary Tuesday (noon) - Several Rush authors will be reading their poetry and short stories during Tuesday's lunch hour. If you are a closet writer interested in sharing your work with the Rush community, please contact the Office of Student Affairs. Refreshments will be served so bring your lunch.

Wednesday, May 4

Rush University Day (noon-10 p.m.) The Rush University Board is in the process of planning a fun-filled afternoon of games and entertainment. Classes have been canceled for the afternoon of Wednesday, May 4, to give students the opportunity to get outside, relax and enjoy each other's company. The afternoon events will begin with a picnic lunch on the lawn between Schweppe and Kidston,

followed by the annual mini olympics (get ready for the bat spin!). Also scheduled are a pie eating contest, student/faculty tennis tournament and jogging contest. The early evening will cap off with a T.G.I.S. (Thank God It's Spring) at 4 p.m. followed by a B.Y.O.B. (bring your own blanket) showing of *Beverly Hills Cop II* outside. More specific information concerning all the day's events will be detailed in the May issue of the *Rush Reporter*.



Thursday, May 5

Music Recital (4 p.m.) - The lobby outside of Room Five Hundred of the Professional Building will be the site of this year's Music Recital. A wide variety of classical favorites will be performed by our talented Rush

(cont. on p. 2)

(R.U. Week cont. from p. 1)

students and faculty. If you are interested in participating in the recital, contact the Student Affairs Office to be included in the program.

Friday, May 6

Come Tour With Rush (noon - 5) - The Office of Student Affairs has scheduled some very interesting and informative tours of several departments and areas at Rush that you might never get the chance to see. Detailed tours of the Gait Lab, the Rare Book Room, Emergency Room, Sleep Lab, and many more will be offered to Rush students all afternoon. Information regarding specific tours and times will be available later.

Order Transcripts Now

The Registrar's Office recommends that June graduates submit transcript requests now. Almost every graduate requires a transcript within three months of graduation. While you are still on campus, please stop in the Registrar's Office, 101 Schweppe, and fill out a transcript request form, checking the box marked "hold for posting of degree." Your degree will be posted shortly after graduation, and an official transcript can be sent to you soon thereafter. Transcript requests filed before commencement day will be handled before subsequent requests. Official transcripts sent to students will be stamped "Issued to Student." The Registrar's Office will not copy another institution's transcripts kept on file at Rush. Please note that telephone requests for transcripts cannot be taken; federal law requires that the Registrar's Office has a written request signed by you. There is no charge for a Rush transcript.

Medical Student Leadership Training Conference on Adolescent AIDS Education

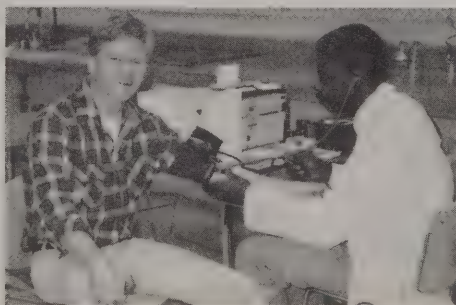
A "nuts and bolts" training conference on building an effective adolescent AIDS education program at medical schools will be held on Saturday, April 9, 1988, at 9 a.m. in room 713 of the Academic Facility. Each medical school will be restricted to seven representatives as the purpose is to train medical students to go back to their local schools and repeat the process on a larger scale. The keynote address will be presented by Linda Murray, M.D., M.P.H., of the Chicago Department of Health. For more information, please contact Peter DeGolia, M2, at 476-0307 (nights) or 942-3189 (days—leave message).

Blood Drive

Another Student Affairs blood drive will be held from 3-6 p.m. on Wednesday, April 13, outside of 742 Ac Fac.

Make your donation more enjoyable: bring a friend to give blood with you. We will give a World's Finest Chocolate bar to each person who recruits a first-time blood donor, and the new donor gets one, too!

We hope that you will join us. Appointments are appreciated, but walk-in donors are always welcome. Contact Paula Smith at x26302 for more information. Come on—give the gift of life. Give blood!



Rush AMSA Voices Heard in D.C.

Rush students attending AMSA national conference reported on Rush AIDS prevention activity (RAIDS). They also met with Senators Dixon and Simon and Congressman Rostenkowski on March 25, 1988 in Washington, D.C. regarding student loan interest deductions and federal AIDS education funding.

The NAMES Project

In July 1988, a quilt memorializing the names and spirits of AIDS victims will be displayed in Chicago. The quilt consists of 3000 panels created by loved ones in memory of those they have lost to AIDS. Each panel is a personal, artistic and loving representation of an individual.

There are a number of ways to help the NAMES project. Committees involved with site preparation, membership, fundraising, publicity and community outreach need volunteers. Donations of fabric and art supplies, as well as creative talents, are welcome.

The first monthly quilting bee was held on February 20 at Good Shepherd Parish in Chicago. General meetings are held on the second Monday of every month, 7 p.m., Rodde Center, 3225 N. Sheffield, Chicago. For more information about times and places for individual committee meetings call the hotline (312) 472-4460, or write:

The NAMES Project
Chicago Chapter
P.O. Box 148568
Chicago, IL 60614

Get under the Quilt!

Academic Calendar 1988-89

	X Courses	Y Courses	Z Courses
Orientation and Registration	September 8-9	September 8-9	
Fall Quarter Classes Begin	September 12	September 12	September 6
Midterm Week		October 17-21	
Classes End	November 18		
Examination Period	November 21-23		
Thanksgiving Holiday	November 24-25	November 24-25	November 24-25
Classes End		December 9	December 9
Examination Period		December 12-16	December 12-16
Holiday Break	Nov. 24 - Jan. 2	Dec. 17 - Jan. 2	Dec. 17 - Jan. 2
Winter Quarter Classes Begin	January 3	January 3	January 3
Midterm Week		Jan. 30 - Feb. 3	Jan. 30 - Feb. 3
Classes End	March 10	March 10	March 10
Examination Period	March 13-17	March 13-17	March 13-17
Spring Quarter Classes Begin	March 27	March 27	March 27
Rush University Day	May 3	May 3	May 3
Midterms		May 8-12	
Classes End			May 12
Examination Period			May 15-19
Memorial Day Observed	May 29	May 29	May 29
Classes End	June 2	June 16	
Examination Period	June 5-9	June 19-23	
Commencement	June 10		
Summer Quarter Classes Begin	June 19		
Independence Day Observed	July 4		
Classes End	August 22		
Examination Period	August 23-25		

X courses are offered by nursing and health sciences faculties

Y courses are offered by first-year medicine and graduate college faculties

Z courses are offered by the second-year medicine faculty





Illinois Family Practice Scholarships

The Illinois Department of Public Health has established a scholarship program for the purpose of increasing the number of primary care physicians practicing in areas of Illinois that have an insufficient number of physicians in primary care specialties. The scholarship will pay tuition, insurance fees and a monthly stipend of \$600 for 12 months. Recipients repay the award by working as primary care physicians in areas of Illinois that have been determined by the Public Health Department to be medically underserved.

Eligibility criteria are Illinois residency, demonstrated financial need and intention to pursue one of the primary care specialties of Family Practice, Internal Medicine, Pediatrics, or Obstetrics and Gynecology. The selection priorities are a commitment to primary health care, financial need and previous experience with medically underserved populations.

The application form and additional information are available in the Financial Aid office. The application deadline is June 15.

Scholarship for Resident of Belleville, Wisconsin

Scholarship assistance is being offered by the Belleville, Montrose, Exeter Emergency Medical Service for students in the health professions. To be eligible, you must be a graduate of Belleville High School. The application is available from the Financial Aid office.

RUSH JOB GUIDE

Students interested in a job may obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list jobs for students.

Cancer Treatment Center - One student is needed 5-10 hours per week to assist Therapeutic Radiology in gathering information on cancer patients. Hours vary. Contact Dr. Kell or Louise Wnek at x25751.

Computer Assistant/PC and Plato Room Monitor - Students are needed in Academic Computing Resources to monitor the PC room and edit/program on Plato. Will train; typing a plus. Wage is \$5.25 per hour. Contact Jane Williams or Patricia Householder at x26556.

Financial Aid - One student is needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Cecilia Corey or Bob Dame at x26256.

Learning Resource Center - Six media circulation clerks are needed to assist with general library and clerical duties, mostly in evenings and weekends. Some typing is required. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Chris Frank at x26799.

Medical Nursing - Several senior nursing students are needed to work as NAs on a 21-bed oncology unit during weekends. *Not* necessary to be College Work Study. Wage is \$5.50 per hour. Contact Marnie McHale at x25085.

Medical Oncology - One student is needed to collect data from medical records for a patient study. Needs to be familiar with medical problems/terminology. Wage is \$9-10 per hour depending on experience. 10-20 hours per week. Contact Esther at x23310.

Medical Student Programs - One College Work Study student is needed to assist coding research and to transfer numbers on line. Hours are flexible. May work at home or at the medical center. Salary is negotiable. Contact Linda at x28238.

Neurological Sciences - Dependable student needed as clerical assistant for up to 20 hours per week. Duties include running errands, filing, photocopying and light typing. Wage negotiable. Contact Joan at x28008 or x23689.

Pathology Assistant - One medical student is needed to assist in the gross area of Pathology (dissection, etc.). Wage is \$7.14 per hour. Contact Karen Jamaca at x25260.

Registrar's Office - Two students are needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Ann Schuppert or Joe Swihart at x25681.

Rush Library - Several students are needed to assist in general clerical duties. Hours vary. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Maggie Marshall at x22274.

Student Nurse Technician - Ten undergraduate nursing students are needed this summer in the Student Nurse Technician Program at VA Lakeside Medical Center. Pay is \$8.52 per hour. Contact Ms. Johnetta Murphy, R.N., Nurse Recruiter, at 943-6600 ext. 446.

Lung Association Scholarship

The Chicago Lung Association is offering scholarships to graduate nursing students. Scholarships will be offered to master's nursing students with a subspecialty in pulmonary nursing who intend to practice in Cook County. Awards to doctoral

nursing candidates who plan to specialize in pulmonary care will also be considered. Applications will be accepted for part-time as well as full-time students. Awards of up to \$6000 will be available for next year.

Application information is posted in the Financial Aid office. The application deadline is July 1, 1988.



1988-89 Financial Aid Materials

Wondering How You Can Repay Your Loans After Graduation??

The Financial Aid office will hold meetings for graduating students to tell them everything they ever wanted to know about their loans. Small group meetings will be scheduled in May. Watch for notices in late April.

Financial Affairs

A prerequisite for the completion of your spring registration is the payment of tuition and fees. We encourage you to mail your payment to:

Rush University
Office of Financial Affairs
1743 W. Harrison St.
Chicago, Illinois 60612

All tuition and fees are due March 28, 1988. If you have financial aid applied for and pending through the Office of Financial Aid, you will be responsible only for the balance of tuition and fees less that aid. If you cannot make payment in full and are not receiving financial aid, you may complete a deferred payment plan contract which will split your payments into thirds. There is a \$15 charge for deferral of tuition and fees. Students must have all their financial aid applications into the Office of Financial Aid or complete the deferred payment plan contract by March 28, 1988. Those students who have not made satisfactory arrangements will be charged a \$100 late payment fee.

Financial aid forms for 1988-89 have been placed in mailboxes of all returning Rush University students. When completing the College Scholarship Service Financial Aid Form (FAF), it is important to be as accurate as possible. It is much better to use actual numbers from your 1987 federal tax form (if you will file a tax return) than to file using estimated numbers since using estimated data will trigger the verification process.

For 1988-89 the federal government has established criteria that must be used in establishing the school's budget, the amount of resources available to the student and allowable costs for other members of a student's family (if married or a single parent). This new process is termed Congressional Methodology and represents a departure from current methodology that has been in place for many years. In this new methodology, single students should not expect to see much difference in calculated resources for next year. However, married students or single parents will probably see differences in amount of calculated resources and the manner in which the budget is displayed on the award letter.

The Financial Aid office is hosting two sessions to explain the Congressional Methodology and to answer questions on completing the FAF. Sessions are scheduled for Thursday, April 7, in AF210 and Friday, April 8, in Schweppe 314 from 12 noon to 1 p.m. each day. Soft drinks will be provided. Please stop by if you have questions on the financial aid procedure for next year. You may also visit the Financial Aid office at other times during the week with your questions.

Prepaid Tuition Program

According to the Office of Training & Organizational Development, tuition reimbursement is now subject to taxes and will be reported on the W-2 form.

The "prepaid" tuition assistance is considered compensation and will be part of the gross salary amount reported on the year end W-2 form. However, no federal or state taxes will have been withheld on this tuition assistance. This additional compensation will be subject to taxes at year end over and above the amount of taxes already withheld on your regular salary.

Social security tax will be deducted from one of the paychecks during the quarter that any "prepaid" tuition assistance is received. For example, if you receive \$1,000 in tuition assistance for a particular quarter, 7.51 percent of this amount, or \$75.10, will be deducted from one of your checks during that quarter. This will be in addition to the regular social security tax that is ordinarily withheld on that paycheck.

Some or all of this tuition assistance might be deductible. We suggest that you discuss this matter with your tax advisor.

Financial aid
materials for 1988-89
have been placed in
7th floor Ac Fac mailboxes.
Contact Financial Aid x26256
if you have questions.



Start Thinking About Board Exams!

by Michael J. Harris, Ph.D.



In a few short weeks many Rush students will be taking medical, nursing or other certification examinations. Much of the information you need to perform well on these tests was taught to you or learned by you quite some time ago. Is there a reasonable way to review dated material without compromising the current subject matter? Yes, there is.

A list of Rush University library holdings follows. These items are board review guides in formats which lend themselves to rapid restudy of subject matter put away long ago "for future reference." Well, the future is now!

Subject matter in multiple-choice test format is also available from the PLATO system in Academic Computing Resources and in the McCormick Learning Resource Center.

If you are concerned about multiple-choice, time-limited tests at this point in your academic career, you may want to visit the Academic Skills Center for a Test Anxiety Profile (with interpretation and specific suggestions for solving any problems in this area). At your convenience, stop by 418 Ac Fac or call 942-3227 to consult with Mike Harris.

Nursing

- WY 18
L345n
1987 NLN guide to success on nursing examinations/
Leonarda A. Laskevich (NLN)
- WY 18
A227
1987 Addison-Wesley's nursing examination review/Sally
L. Lagerquist, ed. (Addison-Wesley)
- WY 18
A652
1986 Appleton's Review of nursing for the new state board
examination/Anna M. Desharnai et al., 2nd ed. Appleton-
Century-Crofts & Fleischer Publishing Co.)
- WY 18
B368n
1985 Nursing review for NCLEX-RN: content review and
practice tests/Patricia G. Bears and Harriet S. Chaney
(J. B. Lippincott)
- WY 18
N2777
1985 The National Council licensure examination for
registered nurses/(Chicago Review Press)
- WY 18
H339h
1985 How to prepare for the registered nurse licensure
examination/Patricia Harvard and Patricia O'Dowd
Jana, 1st ed. (Harcourt Brace Jovanovich)

Medicine

- W 40
AA1
B9 Bulletin of information and description of National
Board Examinations/NBME
- W 18
R995m
1987 suppl. Rypins' questions and answers for boards review:
basic sciences/Edward D. Frohlich, ed. (Lippincott)
- W 18
P937
1987 Pretest for physicians preparing for the Federation
licensing examination (FLEX), 5th ed. (McGraw-Hill)
- W 18
F6199
1987 FLEX review: preparation for the Federation licensing ex-
amination: 810 multiple-choice questions with referenced
explanatory answers plus patient management problems/
Michael A. Baker (Medical Examination Publishing Co.)
- W 18
B967
1986 Burnside's medical examination review/John W.
Burnside, ed. (Churchill Livingstone)

- W 18
P941
1986 Pretest for students preparing for National Board
examination part I/Ernest W. April et. al., eds., 6th ed.
(McGraw-Hill)

- W 18
C737
1985 Comprehensive review of the basic sciences/Emanuel
Stein, ed. (Health Science Consortium)

Specialty Board Reviews

- WS 100
P371
1986 Pediatric board review course (sound recording)/Office of
Continuing Education, Schneider Children's Hospital, 19
sound cassettes (ca. 60 minutes each) + syllabus
- WO 18
R628s
1986 General Surgery/Charles G. Rob, J. Raymond Hinshaw,
3rd ed. (Appleton-Century-Crofts)
- WQ 18
W726s
1986 Obstetrics and Gynecology/Preston P. Williams and
Thomas M. Julian, 3rd ed. (Appleton-Century-Crofts)
- W 18
Y45s
1986 Family Practice/Ernest Yuh-Ting Yen, V. Bushman
Bhardwaj, 3rd ed. (Appleton-Century-Crofts)
- WE 18
P846o
1985 Orthopedics/I. Stanley Porter, 5th ed. (Medical Exami-
nation Publishing Co.)
- WM 18
S465
1985 Self-assessment of current knowledge in psychiatry/
Richard J. Frances, 5th ed. (Medical Examination Publish-
ing Co.)
- WB 18
C388
1985 General Internal Medicine/Lloyd H. Smith, Jr., and James
B. Wyngaarden, eds., 3rd ed. (Saunders)
- WO 141
B154da
1986 Self-assessment questions and answers on clinical surgery/
Allan Clain, 2nd ed. (Wright)
- WO 18
G326
1986 General Surgery Board Review/Michael S. Gold, Larry A.
Scher and Gerard Weinberg, eds. (Raven Press)
- WY 18
P218p
1985 Passing medical examinations: a handbook for final quali-
fying and postgraduate examinations and for all their exam-
iners/M. H. Pappworth, 2nd ed. (Butterworths)

What They're Reading on College Campuses

1. *The Eyes of the Dragon*,
by Stephen King
2. *The Tommyknockers*,
by Stephen King
3. *The Prince of Tides*,
by Pat Conroy
4. *Garden of Shadows*,
by V. C. Andrews
5. *Windmills of the Gods*,
by Sidney Sheldon
6. *Calvin and Hobbes*,
by Bill Watterson
7. *Trump: The Art of the Deal*,
by Donald J. Trump with Tony Schwartz
8. *Far Side Observer*,
by Gary Larson
9. *The Bonfire of the Vanities*,
by Tom Wolfe
10. *A Season on the Brink*,
by John Feinstein

Reprinted with permission from the *Chronicle of Higher Education*, copyright 1988. The *Chronicle's* list of best-selling books was compiled from information supplied by stores serving campuses across the nation. Reports covered sales of hardcover and paperback trade books in January.



In Class

As America goes, so does the student body of America's medical schools. Admissions of those 37 years old or older rose from 20 nationwide to more than 100 between 1978 and 1986. An American Medical Association official says "the total number of qualified applicants is down," but points out that this fact helps qualified applicants of all ages.



Art for Anatomy's Sake

by Mary Ann Moran

You all are familiar with Leonardo da Vinci's "Last Supper" and "Mona Lisa." You may also know of da Vinci's contributions to the study of anatomy. But another individual, a Belgian named Vesalius who lived in the sixteenth century also added to medical knowledge of the day with beautiful and accurate anatomical drawings.

Vesalius was tired of craning his neck to see body parts during dissections. He decided students ought to have pictures to look at while the professor dissects. Prior to becoming a professor himself, Vesalius met a young artist, John Calcar, whom he commissioned. The illustrations called the "Fabrica" cost Vesalius much worry and effort in making dissections and arguments with the artist. The cold, diagrammatic drawings now found in anatomy books were not common then. The human skeleton would lean against a tree trunk and reflect upon the beauty of a small Italian village, or the cadaver would stand gracefully and hold up a muscle or two attached to his head, enabling a look at the muscles beneath.

Imagine, Grant's Atlas would never be the same if Vesalius and Calcar had their way!

Be Prepared!!!

In keeping with its investigative style, the *Rush Reporter* staff has gone undercover to expose information relating to the state examination licensing test.

This reporter disguised as a high ranking state official, donned a gray conservative three piece suit and attended closed hearings on the testing procedure. To maintain utmost secrecy, the meeting was held in the back room of Haweye's.

Representatives from 30 of the state's largest hospitals were in attendance to discuss and agree on test questions to be used in this year's licensing test.

Most of the printed matter was collected and destroyed before everyone was allowed to leave, but this reporter was able to smuggle out one page of test questions. Unfortunatley, half the paper was damaged when it fell into a puddle of grease on the restaurant floor.

As a service to you, here are some sample questions:

1. The heart is a human:
 - a. organ.
 - b. clarinet.
 - c. none of the above.
2. A tourniquet is used:
 - a. at a croquet match.
 - b. to store bandages.
 - c. to stop breathing.
3. If you run out of thread when closing an incision during surgery, you should:
 - a. staple it closed using a sterile stapler.
 - b. tape it closed using sterilized Scotch magic mending tape.
 - c. have the patient hold his/her hand over the area until it heals.
4. A hemorrhage is:
 - a. The name of the first U.S. atomic powered submarine.
 - b. A severe disorder of nose hair follicles.
 - c. The term used to describe blurred vision.
5. Anemia is caused by:
 - a. Drinking water.
 - b. Roll-on deodorants.
 - c. Watching too much television.

Good luck!

A Breath of Fresh Air

Do you really want to quit smoking but have trouble getting started? Sign up for the "Breath of Fresh Air" Stop Smoking Contest and earn a chance for a weekend stay for two with Sunday brunch at the Americana Lake Geneva Resort.

To participate you must agree not to smoke for four weeks beginning April 18. To help you, first find a friend at work who will be your No Smoking Buddy. This buddy will offer moral support and help you get through the contest. Next, we will give each of you a Quit Tip Packet containing contest rules and tips on how to quit. You will check in weekly with one of nine building captains located near your work area. For every week that you do not smoke, your name will be entered into a drawing for a weekend stay at the Americana Lake Geneva Resort. The more weeks you go without smoking the greater your chance to win!

As a No Smoking Buddy, you will win a prize, too. If you know someone who is thinking about quitting, get them to sign up with you *NOW*.

The contest is sponsored by the Employee Health and Fitness Program. Registration will be conducted April 11, 12 and 13.

Harrison Street Lobby
6:30 a.m. - 7:30 a.m.

Cafeteria Lobby
11:30 a.m. - 1:00 p.m.

Employee Health Service
3:30 p.m. - 4:00 p.m.

For more information call x25309.

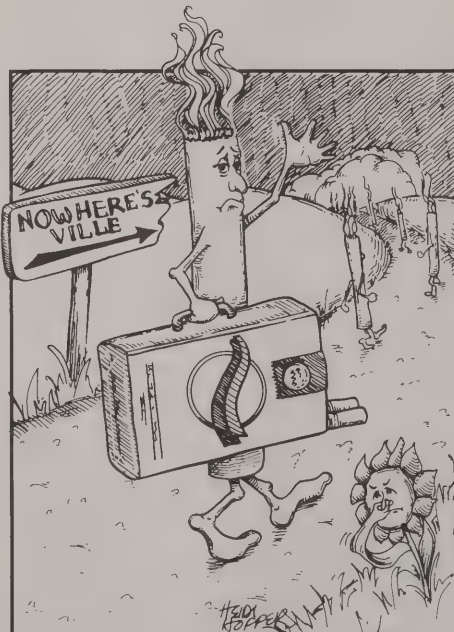
Cholesterol Counselors Needed!

Cholesterol. You've heard a lot about it. Come join the fight to lower it!

Rush needs health professionals to volunteer as counselors for a two hour period between 8:00 a.m. and 5:00 p.m. on May 4 at the Medical Center's Countdown, USA, a cholesterol screening fair for the community. We'll provide an orientation and brief training for the event.

In addition to providing a service to the community, you'll learn more about cholesterol and health. Be there!

For information or to volunteer call Meg Evans, R.N., Employee Health Service at 942-5309.



"Send your cigarettes packing" and win a chance for a weekend for two at the Americana Lake Geneva Resort.

Spring into a Healthier Lifestyle

Do you want to feel better and look better this spring? Let the Health and Fitness Program of Employee Health Service be your guide to good health. We offer effective programs in the areas of fitness, weight loss, stress management, smoking control and more. Here are our highlights:

Get Fit - Want to get in shape? Try an exercise class: *Slimnastics, Aerobic Exercise Program, Mind/Body/Connection*. Are you into team activities? Join the *Body Building Club, Softball* or the *Spring '88 Games of the Rush Olympics*.

Stop Smoking - Do you really want to quit smoking but need some help? Join our *No Smoking* or *ANCHOR Fresh Start* classes or sign up for our "Breath of Fresh Air" *Stop Smoking Contest*.

Reduce Stress - For stress relief try our stress management class, *Stretch Break*.

Eat Well/Lose Weight - For effective, permanent weight loss try *Fit Weigh* or *ANCHOR Light* weight loss programs.

Many other employee programs are available in the areas of alcohol and drug counseling, parenting education and support groups and heart health.

For information call Meg Evans, Health and Fitness Program, at 942-5309.



Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

It is April and this winter of our discontent has become history. We are all glad to see the spring quarter and one might imagine that the happiest students at Rush will be those who look forward to graduating in June. But is this true?

For first and third year medical students, junior nursing students and nongraduating graduate students, June will mark the end of a period of the acquisition of skill and knowledge. They can look ahead to at least one more year of further development in a familiar setting. For the rest, those who will graduate and second year medical students, the end of the school year arouses some concern in two central areas: confidence in one's professional work and closeness with friends and other loved ones.

The first stress of June lies in uncertainty about one's professional abilities. There is a principle which, if still unnamed, I would be pleased to define as Johnson's Fourth Law (the other three are as yet undiscovered) which states that the closer one comes to assuming professional responsibilities, the faster one's knowledge and skill seem to evaporate. This law, then, explains the anxiety of graduating nursing students, medical students and health science students about their ability to function in their first independent work. The critical element is the responsibility they will take for the first time, and in the health professions, responsibility *can be* critical. Second year medical students feel this too, knowing that they will be

expected to apply classroom learning in the hospital. And they and the graduating nurses will have their abilities tested on boards as well.

The second stress of June is the possible imminent loss of and/or change in friendships and other relationships. As one glances around in classes or on the floor these days, there is an awareness that this group will rarely if ever be together again. Many of the friends who helped one hold it together will be dispersing to all parts of the country. In addition, second year medical students will have to work infinitely harder to keep in touch with friends whom they formerly saw every day. There may also be concern that the professional demands of the coming years will bring serious harm to intimate relationships or will prevent such relationships from developing.

A way of coping with these events is to maintain a balance between the *contagion* of feeling among classmates which can sweep one away and the *isolation* which prevents one from validating experiences with those of others. It's not easy, when the majority of one's classmates are exuding anxiety, anger or despair, to hold onto a sense of well-being. And even if it's possible, it usually doesn't win popularity contests. Despite this, it's important to focus on one's own inner feelings and to act on them. It's also not easy, when the majority of the class appears to feel optimistic and successful, to confide to another one's own fear of failure and discouragement. Nevertheless, it's helpful to find someone

with whom to share this; otherwise one will never learn that there are others who feel similarly.

The pressures of professional training force us to live in the future most of the time, and this is never more true than in the last months before moving on to a new stage. Fight this as much as possible, so that you can savor *the present* with beloved friends. The new jobs and new experiences that await you next summer will take care of themselves but you will never be you in this exact setting and with all of these people, again. Make time to get together with friends, visit favorite places, live in the here and now so that next year at this time you'll have memories to warm your heart.



MLRC Film Showing

The McCormick Learning Resource Center will sponsor a showing of the film *Acting Our Age* on Monday, April 11, 1988, from noon to 1 p.m. in room 540 of the Academic Facility.

The 1987 film presents an unprecedented look at women and aging in contemporary America.

All Rush students, faculty and staff are invited to attend this showing.

Getting the Courage

by
Johnny Nightlife

Spring is in the air and so are the anxiety attacks that go along with getting up the courage to ask that special someone you have been admiring all year at the T.G.I.F.'s out on a date. The biggest thing you need to remember when asking someone out is that the worst thing he/she (this is the 80's) might say is "NO". To assist you with avoiding the "NO" response, I have developed a foolproof plan of attack that no person can escape.

The six steps to achieving that dream date are listed below. Little sisters or brothers are perfect partners to assist you in a staged practice before the real thing on Friday. (*The Hat T.G.I.F. is scheduled for Friday, April 8, in the Schweppe Aud. from 4 to 7 p.m.*)

STEP NO. 1 - THE HOMEWORK. Find out the name and program he/she is in. This can be accomplished by asking trusted friends or by contacting any of the Student Affairs professionals working the party.

STEP NO. 2 - THE INVESTIGATION. Find out if he/she has a significant other. If this is the unfortunate case, you might want to also find out the approximate size and weight of the significant other before continuing on to the next step.

STEP NO. 3 - THE VENTURE. This is the time to venture away from the security of your friends and try to position yourself as close as possible to the person without being too obvious.

STEP NO. 4 - THE OPENING LINE. This is the most critical step of all. It is now time to verbalize an opening question that doesn't sound like a pick-up line. Some of my favorite's are:
- This is the saltiest popcorn I've ever tasted. Don't you agree?
- That sure is great smelling cologne/perfume! What's it called? (Be sure that the person didn't just get out of anatomy lab.)
- Aren't you in the Nursing program? (Even if you know the answer, it's still a good question.)

STEP NO. 5 - THE EYES. Now is the time for direct eye contact! No matter what he/she says to your opening question, remain staring into his/her eyes. The initial bait has now been dropped and it is time to move on to asking the most important question of all.

STEP NO. 6 - THE DATE. For best results it is important to ask the person to an event that you already plan to attend. For example, ask the person if they would be interested in seeing *Revenge of the Nerds II* on Friday, April 15. Another hot ticket would be to ask them out to the *Open Mike Night* on Friday, April 22. Finally, rumor has it that Student Affairs is still selling tickets to *The Second City* on Saturday, April 16. You can almost be assured that no one in their right mind would be able to say no to these three very attractive, exciting and entertaining dates.

Good luck and see you next month. Until then, Johnny.

RUSH UNIVERSITY BOARD
PRESENTS...

OPEN MIKE NIGHT

FRIDAY, APRIL 22

7:30 p.m.

Schweppe Aud.



5 to 7 minutes per act

Sign up in Student Affairs

(x26302)

(LIMIT OF 15 ACTS)

ALL CONTESTANTS WILL
RECEIVE AN OPEN MIKE T-SHIRT

- SINGERS -COMEDIANS
- DANCERS -MUSICIANS
- ACTORS -MAGICIANS

Beverages and snacks provided

ENTERTAINMENT

Hat T.G.I.F. Friday April 8

Remember that hat you used to wear everywhere? Think of the stories that hat could tell if only it could talk. Now is the chance to put that hat back on and make a fashion statement of your very own.

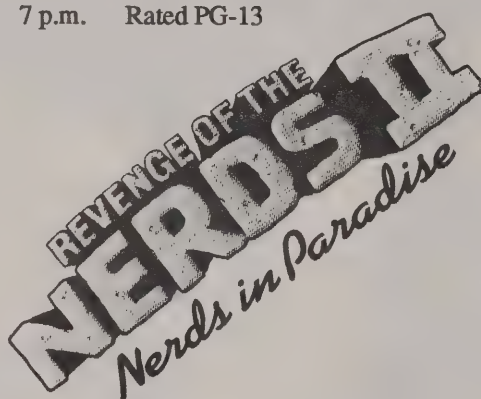
This month's T.G.I.F. will honor those hats that are closest to your heart.

The worst hat-heads of them all - The group from Immunology & Microbiology - will be our host at the Hat T.G.I.F. on Friday, April 8, from 4 to 7 p.m. in the Schweppe Auditorium. Those attending the T.G.I.F. will be asked to adorn their heads with a hat from the past. No hats will be turned away at the door.

Beverages and snacks will be provided so don't forget to bring some form of I.D. stating your age. We hope to see you and your hat on the 8th. Who knows, maybe there will be enough good luck left in your hat to make this a T.G.I.F. that you will not soon forget.

Revenge of the Nerds II Nerds in Paradise

Friday, April 15, 1988
A.B. Dick Auditorium
7 p.m. Rated PG-13



Get out your white socks! Polish up your pocket protectors! Your favorite misfits return in the hilarious sequel to 1984's smash hit *Revenge of the Nerds*. Chief nerd Robert Carradine and his flaky fraternity brothers gear up for some fun in the sun in Ft. Lauderdale. Will Florida survive the invasion of the nerds? Dive right into this outrageous comedy and find out.

Rush University Night at Second City

The Rush University Board has reserved a limited number of tickets for Second City's current revue of "*Jean-Paul Satre & Ringo*". Students and faculty may purchase tickets for the Saturday, April 16, 11 p.m. performance for the discounted price of only \$8.00.

Reservations for tickets may be purchased in the Office of Student Affairs, 023 Schweppe-Sprague. Payment must be received to reserve tickets. Secure your tickets early and join us in watching the rising comedy stars of the future.



Laughter's Good for the Soul!

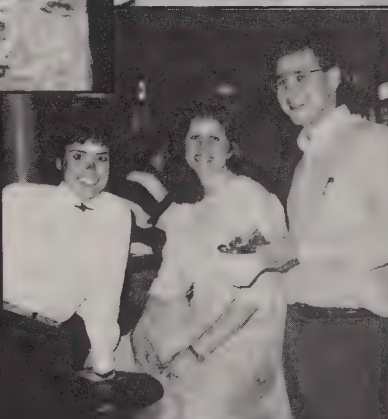
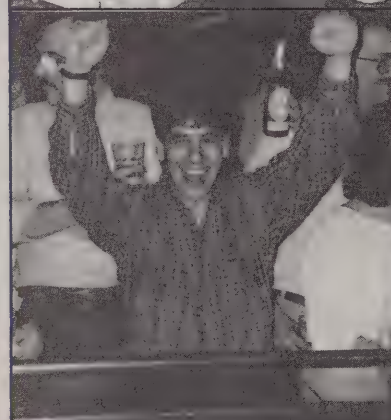
Northwestern University Medical School will be presenting a comedy review entitled *In Vivo 1988: A Med-life Crisis* on Friday, April 8, at 7:00 p.m. and 10:30 p.m. and on Saturday, April 9, at 8:00 p.m. The performance will be held at the Thorne Auditorium, 375 E. Chicago Avenue at Lake Shore Drive. Tickets are \$4 for students and \$5 general admission. For information call 941-2891 or 871-2553.

*Student-Faculty
art
Fair*

APRIL 27 - MAY 6

LIBRARY LOBBY

Sign up in The Office of Student Affairs



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SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

VOLUME XI NUMBER 8

MAY, 1988

RUSH UNIVERSITY ACCREDITATION

The site visit for the accreditation of Rush University by the North Central Association of Colleges and Schools took place on April 4-6. During two and a half days, five faculty evaluators from other colleges and universities in the midwest visited with many faculty, students and administrators throughout Rush University. Within six weeks, the chairperson of the site visit team will submit a report to President Henikoff that outlines the findings of the visit. Both strengths and concerns will be noted in the report. In their concluding remarks to the President, they commented very positively on the

quality and productivity of the faculty, the success of the practitioner-teacher model and the high motivation of the students, who seem pleased with their educational experiences. More information about the findings will be forthcoming after the report has been received and finalized.

President Henikoff and the Deans of the Colleges would like to express sincere thanks to students, faculty and staff who so cooperatively participated in the preparation for accreditation as well as in the site visit itself.

Info for Graduating Students

No doubt you are all atwitter with exams, class parties and thoughts of entering the "real world." Before you escape Rush, the following graduation-related details should be taken care of:

If you are planning to participate in commencement...

- * The ceremony is Saturday, June 11, 1988, at Medinah Temple and begins at 2 p.m.

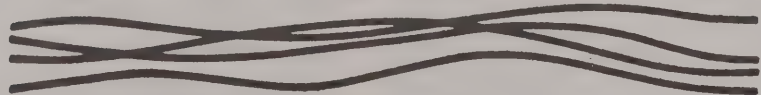
- * You must be measured for a cap and gown. If you haven't done so yet, stop by Student Affairs in 023 SS.

- * Caps and gowns will be distributed Tuesday, June 7, through noon Friday, June 10, in the ever-collegiate, Schweppes Auditorium.

- * When you pick up your gown, you will be asked to update your forwarding address.

- * Invitations and announcements should be available in mid-May. Stop by the Student Lounge to pick up your order.

RUSH UNIVERSITY WEEK



MAY ■ 2 - 6 ■ 1988

(DETAILS ON PAGE 11)

(cont'd on p. 2)

Thanks to Blood Donors



The spring Blood Drive was held on April 13, 1988. "Thank you" to all the donors who left behind the beautiful weather outside in order to give blood!

If you missed out, it is not too late to donate blood. If you are a first-time donor or you bring a first-time donor with you, you will still receive the wonderful World's Finest Chocolate bar for participating.

The Blood Center is open from 8 a.m. - 8 p.m. Monday through Friday, 8 a.m. - 4 p.m. Saturday and 11 a.m. - 7 p.m. Sunday. To make an appointment, call x26680. Walk-in donors are also accepted; so bring a friend and come give the gift of life. We need your type!

(cont. from pg. 1)

If you're not planning to participate in commencement...

- * Notify the Office of Student Affairs of your intentions in writing.
- * Contact the Registrar's Office to update your forwarding address. Your diploma will be mailed to you.

News all grads can use...



Health Insurance

Students who have been on ANCHOR and will be actively enrolled in summer quarter will automatically remain on ANCHOR *IF* registered by the second week of class. Any student who wishes to continue ANCHOR coverage through the summer quarter but will *NOT* be enrolled may do so by coming into the Office of Financial Affairs no later than June 3, 1988, to pay the appropriate fee.

Forms regarding continuing insurance will be sent to all students, and the form *MUST* be returned stating whether you wish to keep your insurance or discontinue your coverage. All other students will be automatically dropped as of June 30, 1988, and a new application must be filled out in the beginning of fall quarter.

Those students who have Blue Cross coverage will remain on Blue Cross whether they are enrolled or not and will be billed appropriately unless proof of other coverage can be shown.

* You are responsible for clearing out your locker and mailbox completely by Commencement. (This could be somewhat enlightening for several grads!) Student Affairs will not be responsible for belongings left after June 13.

* Be sure to return all books, periodicals, etc. to the Rush University Library. Yes, it's true...your diploma will be withheld until you clear up those overdue fines!



Chicago Lung Association Needs Registered Nurses

The Chicago Lung Association annually sponsors a one week camp in Lake Geneva for 150 children ages 8-12 who have asthma. Registered nurses are needed to volunteer their time during camp week, July 23-30. In return for their time, nurses will receive food, lodging, transportation to and from camp if needed and payment for fees for Wisconsin licensure. Interested nurses may contact Ms. Tami Houston, Camp Director, at 243-2000 for an application and further information.

Attention: Students with Outstanding Balances

If at the present time you have a balance due for tuition, fees, insurance, etc., and have not made arrangements with the Bursar, please make arrangements to pay your balance by Friday, June 3, 1988.

Job Seekers Beware!

Last year a new immigration law went into effect to ensure that only those eligible to work may be hired. Students who will be job hunting, starting residencies, or even work-study jobs should be aware that employers will ask them to present birth certificates, naturalization papers, or valid "green cards." Mom and Dad might be the best source for a birth certificate, but in case they aren't, students should check with the county clerk's office in the county in which they were born.



Restoring Interest Deductions for Educational Loans

As you are aware, the Tax Reform Act of 1986 made changes to the amount of interest tax filers may claim as a deduction. For tax year 1987 only 65 percent of such interest paid is deductible, and by 1991 no interest paid on educational loans will be deductible. A number of bills have been introduced in the 100th Congress which would restore the full deductibility of interest paid on educational loans. Among these is H.R. 592, sponsored by Representative Richard Schulze. Robert G. Petersdorf, M.D., President of the AAMC, has sent a letter to medical school deans and student representatives in support of this bill.

It is important for Congress to hear from students who have educational loans to repay for which they will be unable to deduct the full amount of interest paid. Students and other interested persons should write their elected members of the House and Senate in support of efforts to restore full deductibility. If you are interested in writing, the Office of Financial Aid will provide you with the address of Congressional representatives in your district and names of other key Congressional offices. The office will also provide envelopes and postage for your letter.

It is difficult to measure the impact of your individual letters on Congress. Without your input in support of full interest deductibility, Congress, however, will not know the full impact of the current tax law on the people most affected by it. Please contact the Financial Aid office if you have any questions.



RUSH JOB GUIDE

Students interested in a job may obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list jobs for students.

Cancer Treatment Center - One student is needed 5-10 hours per week to assist Therapeutic Radiology in gathering information on cancer patients. Hours vary. Contact Dr. Kell or Louise Wnek at x25751.

Computer Assistant/PC and Plato Room Monitor - Students are needed in Academic Computing Resources to monitor the PC room and edit/program on Plato. Will train; typing a plus. Wage is \$5.25 per hour. Contact Jane Williams or Patricia Householder at x26556.

Financial Aid - One student is needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Cecilia Corey or Bob Dame at x26256.

Learning Resource Center - Six media circulation clerks are needed to assist with general library and clerical duties, mostly in evenings and weekends. Some typing is required. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Chris Frank at x26799.

Medical Nursing - Several senior nursing students are needed to work as NAI's on various units during weekends, including Hematology, Oncology, etc. Wage is \$5.50 per hour. *Not* necessary to be College Work Study. Contact the Medical Nursing office at x25965.

Medical Oncology - One student is needed to collect data from medical records for a patient study. Needs to be familiar with medical problems/terminology. Wage is \$9-10 per hour depending on experience. 10-20 hours per week. Contact Esther at x23310.

Medical Student Programs - One College Work Study student is needed to assist coding research and to transfer numbers on line. Hours are flexible. May work at home or at the medical center. Salary is negotiable. Contact Linda at x28238.

Neurological Sciences - Dependable student needed as clerical assistant for up to 20 hours per week. Duties include running errands, filing, photocopying and light typing. Wage negotiable. Contact Joan at x28008 or x23689.

Pathology - One medical student is needed as assistant diener for 12 weeks, starting in June, assisting in postmortem exams, etc. Wage is \$7.00 per hour. Contact Dr. A. Miller at x25227.

Pathology Assistant - One medical student is needed to assist in the gross area of Pathology (dissection, etc.). Wage is \$7.14 per hour. Contact Karen Jamaca at x25260.

Registrar's Office - Two students are needed to help with general office duties. 10-15 hours per week. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Ann Schuppert or Joe Swihart at x25681.

Rush Library - Several students are needed to assist in general clerical duties. Hours vary. Wage is \$5.25 per hour. *Must* be eligible for College Work Study. Contact Maggie Marshall at x22274.

Student Nurse Technician - Ten undergraduate nursing students are needed this summer in the Student Nurse Technician Program at VA Lakeside Medical Center. Pay is \$8.52 per hour. Contact Ms. Johnetta Murphy, R.N., Nurse Recruiter, at 943-6600 ext. 446.

Scholarship for N4 Students

Manor HealthCare Corp. is sponsoring a financial aid program for students in their final year of nursing school. Students selected will receive \$1,200 in gift assistance. Upon graduation, the student will be required to work for any Manor

HealthCare facility for 12 months. There are 150 locations in 28 states to choose from for employment. The application and further details can be obtained from the Office of Financial Aid. The filing deadline is May 15, 1988.

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Dear Dad,

Thanks for the letter and all the clippings. Yes, the articles you sent and the TV programs you mentioned *do* paint a rather bleak picture of the practice of medicine. Try my solution—stop reading and watching television! I guess it is a hard time to be graduating but I think there's going to be a place for me somewhere. You sounded kind of concerned about this, I thought; please don't worry. You asked a lot of good questions which led me to do some thinking about the past 4 years. Despite the difficulties, I'm glad not that I came to medical school but that I'm going to be a physician. There's a distinction there which may not make sense if you haven't gone through this.

I know the papers and magazines are full of articles about DRGs pushing Medicare patients out of hospitals too soon, about physician's gigantic malpractice premiums and other grim trends. I don't think the public is too sympathetic to physician's problems right now. A couple of times when I've told non-medical friends about the huge debts I'll face, they come back with all these stories about how they've been ripped off by their doctors. You know, the doctor spent 5 minutes with them and charged them 50 bucks. It makes you defensive even when you don't want to be. I didn't go into medicine to become a business manager but it's clear I'll have to think about finances a lot more than I'd like.

This year has been the best of all

since I've been taking electives and by now I occasionally know what I'm doing. The tense part has been the scramble to get a residency. It's such a big decision; it seems that your entire future depends on this one choice and you feel it's largely out of your hands. This whole medical school experience really strains your wish to maintain some control over your life. You just gain some confidence and then you're out in a new situation where you feel you don't know anything. That's why starting my residency intimidates me. Let's face it, I won't know any more my first day of residency than I did last week on my last day on a clerkship. I'm anxious to get started but I don't look forward to being the new one all over again.

I'm already frustrated at the prospect of at least a year without sleep, without any kind of social life. One of my friends got quite depressed during her second year of residency so you can't even say the worst will be over in a year. Actually, I think I can survive the physical and social deficits; the bottom line fear is the responsibility I'll have. *I'll* be the doctor now and not the student who asks the doctor. Some tradeoff—in exchange for patients calling me Doctor, I get to have their lives in my hands.

One of the things I remember best about my first year at Rush was reading a book, *The House of God*, which was recommended by the second year students. They said the third and fourth year students told them

that's how it is except for the sex, no time for that. Part of me hated that book but I couldn't stop reading. I found myself laughing at the worst things, at doctors doing terrible things to patients and to each other and making smartass remarks all the while. It seemed the interns and residents were suffering in their own way but they couldn't find a good way to help themselves. I half expected to find this crazy world when I started my clerkships. Many of the interns and residents talked like House of God housestaff, and one of my chief residents on medicine prided himself on making up new acronyms for patient conditions. I guess it helped him cope. Most of them were decent people and a few remembered what it was like to be a student. Now that I'm going to be one of them, I hope I can be like the good ones.

Some of my classmates have volunteered to interview applicants to our med school and they say it's a strange experience. Most of these undergrads are so idealistic that they want to tell them what it's really like but who would believe them? I don't think I'd have allowed any jaded medical student to change my mind when I interviewed. My friends say it's kind of depressing talking to these students because it reminds them of how they were back then. We tend to hang out with friends who feel the way we do so it's harder to notice changes in ourselves and sometimes they're not very good

(cont'd on p. 5)

(cont'd from p. 4)

changes. I know I've become selfish yet I don't see any other solution, and I've got pretty cynical but I can't help it. I appreciate the fact that you and Mom haven't got on me about how selfish I've become; sometimes I feel really guilty that I don't see more of you but I just don't see how I can do anything differently in the near future.

By now you're probably feeling down and that is not what I intended! Despite all of these difficulties, I love what I'm doing. It feels really great to take care of my patients and it'll be even better when I finish and they are my patients. I can't imagine doing anything else; I know that not all of my classmates feel this way and so I feel very lucky.

Marcus Welby isn't practicing at Pres-St. Luke's but I have seen a few physicians I'd like to emulate. They manage somehow to balance their knowledge and technical skill with genuine concern for their patients and you can see the patients respond to them. Someone was quoting an Alan Alda commencement address to a medical school class where he said, "The headbone is connected to the heartbone—don't ever let them come apart." Pretty good advice for us and for everyone connected with our education. I'll try to hold onto it.

Love,
The Doctor

Student Counseling Center Hours

Monday	9 - 5
Tuesday	9 - 8
Wednesday	9 - 5
Thursday	9 - 8
Friday	9 - 5

8th floor Schweppe
942-3687

Winter Quarter 1988 Dean's List

Congratulations to the following undergraduate students who earned at least a 3.50 quarterly grade point average for a full-time course load during winter quarter 1988.

Nursing

Susan Arbanas	Grace Loehr
Mary Blais	Lisa Miller
Sheri Clark	Gary Mittelberg
Cynthia Clemes	Gregory Murphy
Patricia DeAngelis	Cecelia Olis
Deborah Donofrio	Heather Peters
Gina Furio	Karen Phillips
Susan Hannasch	Christine Post
Sandra Heileman	Therese Salemi
Mary Beth Heiting	Merle Siegel
Leanne Hull	Jane Siple
Judith Imes	Lynn Taylor
Carolyn Jim	Wendy Taylor
Munhi Jung	Mary Walker
Paula Kikkebusch	Carolyn Wilson
Christie Lane	Joanne Zelten

Medical Technology

Mercy Quagraine
Robin Thompson
Laura Ward

Clinical Honors

Congratulations to the following students who earned clinical honors for winter quarter 1988:

Advanced Biological Sciences I

Susan Arbanas
Cynthia Clemes
Renee Renzetti

Behavior II

Leanne Hull
Debra Holiday
Christine Post

AAMC STATEMENT ON PROFESSIONAL RESPONSIBILITIES IN TREATING AIDS PATIENTS

The acquired immunodeficiency syndrome (AIDS) has had an impact on the medical profession far beyond its pathophysiology. All fields of clinical practice have been dramatically altered by this disease. It has posed a significant challenge to the nation's health care system in providing for both the financing and delivery of care to those afflicted. Moreover, this epidemic, which is unparalleled in the latter half of the twentieth century, has confronted the medical profession with numerous moral and ethical issues. A central concern, to which this statement is directed, is the physician's responsibility to provide care to all patients.

The Association of American Medical Colleges (AAMC) has taken special note of the fears and concerns of medical professionals and those in training regarding the care of patients infected with the human immunodeficiency virus (HIV). Data indicate that a physician's occupational risk of acquiring HIV infection is small. However, because of the lethal nature of the disease, many physicians are concerned about transmission of infection, especially in settings where invasive procedures are performed such as the operating room or cardiac catheterization laboratory.

Personal risk to the physician in the practice of medicine is not a new phenomenon even within this century, as the history of tuberculosis, poliomyelitis, influenza and syphilis demonstrates. But scientific advances, especially the development of vaccines and antibiotics, have tended to lower consciousness of these continuing risks for an entire generation of younger physicians, medical students and residents. AIDS has brought this consciousness once again to the fore.

The AAMC's special concern is with those medical students and residents, now and in the future, whose preparation for entry into the profession is the responsibility of medical school faculties. Medical education cannot be narrowly conceived as simply the imparting of knowledge and skills. It has as its objective the development of professional men and women who are prepared to adhere to the highest standards of conduct and behavior asked of few members of our society. Entry into the medical profession is a privilege offered to those who are prepared for a lifetime of service to the ill.

The HIV epidemic must serve to remind us of these basic principles and the fundamental responsibilities of

those who aspire to the practice of medicine and those charged with preparing them for it:

Medical students, residents, and faculty have a fundamental responsibility to provide care to all patients assigned to them, regardless of diagnosis. A failure to accept this responsibility violates a basic tenet of the medical profession—to place the patient's interest and welfare first.

Faculty members have a special responsibility to model the professional behavior and attitudes expected of physicians in training in their own willingness to provide competent, sensitive and compassionate care to all patients.

Each medical school and teaching hospital must accept the responsibility to help medical students, residents and faculty address and cope with their fears and prejudices in treating HIV-infected patients. This responsibility includes providing the following:

- * an accurate portrayal to medical school applicants of the personal risks involved in medical practice;*
- * up-to-date information on the modes and risk of transmission of the virus;*
- * training in protective measures to be employed in the clinical setting, monitoring compliance with them and defining procedures to be followed in the event of potential exposure;*
- * appropriate facilities, equipment and personnel to avoid unnecessary risk;*
- * counseling to those who continue to express reluctance to participate in education and patient care programs with HIV-infected individuals.*

Further, each medical school and teaching hospital should articulate a clear policy emphasizing the physician's responsibility to provide care to patients without regard to the nature of their illness.

Drafted by the AAMC Committee on AIDS and the Academic Medical Center. Approved and endorsed by the AAMC Executive Council, February 25, 1988.

What They're Reading on College Campuses

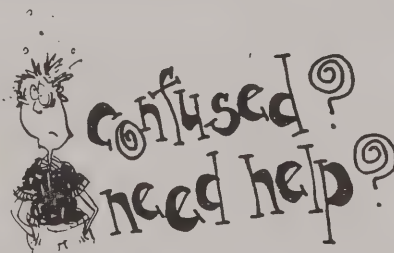
1. *Calvin and Hobbes*,
by Bill Watterson
2. *The Eyes of the Dragon*,
by Stephen King
3. *Communion*,
by Whitley Strieber
4. *Far Side Observer*,
by Gary Larson
5. *Necessary Losses*,
by Judith Viorst
6. *Windmills of the Gods*,
by Sidney Sheldon
7. *The Prince of Tides*,
by Pat Conroy
8. *The Rise and Fall of the Great
Powers*,
by Paul Kennedy
9. *The Tommyknockers*,
by Stephen King
10. *The Road Less Traveled*,
by M. Scott Peck

Reprinted with permission from the *Chronicle of Higher Education*, copyright 1988. The *Chronicle's* list of best-selling books was compiled from information supplied by stores serving campuses across the nation. Reports covered sales of hardcover and paperback trade books in February.

Apartment Hunting

Are you looking for a new place to rest your backpack at night or a roommate whose lifestyle more closely meshes with your own? Do you have an apartment to rent? If you answered in the affirmative and you're having a tough time getting started, stop in the Student Lounge and let the friendly folks on staff help you out.

Heck, no! They're not going to chauffeur you around the city in search of that perfect abode but they will try to point you in the right direction. They can show you their "Roommate Service," which basically is a list of apartments and other students seeking roommates. Most listings are for the Near West neighborhood and near suburbs. Although it is by no means complete, it is a place to start; so stop by and check it out.



Plans for More Mature Student Group

Some students have expressed an interest in forming a group aimed at the concerns of the more mature student. The nature of this group can be informal, perhaps a time just to talk, or it could be informational with organized activities and guest speakers. Maybe a combination of social and formally organized meetings will better fit your needs and time schedule. We'd like to know what you think and what your interests are. We will be sending out a survey next month and look forward to your suggestions.

Since summer will soon be upon us and vacation-from-Rush thoughts on our minds, fall is probably the time when this group can get itself off the ground. In the meantime, we would appreciate any ideas you may have. Contact Mary Ann or Paula in Student Affairs, x26302.

MLRC FILM SERIES

The McCormick Learning Resource Center will sponsor a showing of the film *Shelter* on Monday, May 9, 1988, from noon to 1 p.m. in room 540 of the Academic Facility.

This effective film examines the causes of homelessness through moving interviews and portraits of the homeless. The mentally ill, the out-of-work and the nomadic families representing the new poor are all depicted in juxtaposition with con-

flicting views of government officials and social service providers. Key members of the Reagan administration are interviewed as the issue of government involvement is discussed.

Booklist cites this as a "top notch documentary" which examines realistically and sympathetically the multi-issued, pervasive problem of America's homeless.

All Rush students, faculty and staff are invited to attend this showing.

A Reminder: June Graduates

All tuition and fees must be paid in full as part of your graduation requirements. Friday, June 3, 1988, is the deadline for payment of these fees, etc., in order to avoid receiving an empty diploma folder at the commencement ceremony.

Questions regarding this policy and/or your bill should be directed to the Office of Financial Affairs, 101 Schweppe Sprague Hall.

Fifteenth Rush University Commencement

June 11

About 300 Rush University students will participate in commencement exercises on Saturday, June 11. The trumpet will sound at 2 p.m. to begin the processional at Medinah Temple. The traditional ceremony is led by University Marshal, Dr. John S. Graettinger, carrying the University Mace as he has done since the first "modern day" commencement of Rush in 1973.

Since that first Rush University commencement, which was also the 99th commencement of Rush Medical College, over 4,100 degrees have been granted by Rush. With those graduating in June (some participants will graduate in August), the expected number of degrees will be: Rush Medical College, M.D. - 1,645; College of Nursing, B.S. - 1447, M.S. - 746, D.N.Sc. - 38; College of Health Sciences, B.S. - 175, M.S. - 279; The Graduate College, Ph.D. - 39.

There are plenty of seats available; come to see your friends in this colorful ceremony.

Medicine Trivia

by Mary Ann Moran

To promote the healing art in ancient India, hospital attendants were willing to do whatever the physician or patient wanted. They tried to make patients comfortable and happy. For added pleasure, a special staff sang, played music, recited poetry and told stories. "Did you hear the one about the traveling herbal salesman?...."

Student Course Evaluations

Attention medical students! Are some of your professors unintelligible? Are any of your syllabi/guidebooks incomprehensible? Does your clerkship rotation more closely resemble a tour of duty in a war zone? Would you run things differently? Well, stop commiserating with your fellow students and complain instead to your representatives to the Committee for Educational Appraisal (CEA).

The CEA is composed of 18 faculty members, six students, five ex-officio members, and is chaired by Dr. Deborah Hotch. Each quarter the CEA reviews all AC and RC M1 and M2 courses, as well as two clerkship rotations. This is done by obtaining written course evaluations from a random sample of 30 M1's and 30 M2's. All AC students are invited to participate and all M3 students in the clerkship under review are requested to participate.

The evaluations contain both close-ended questions, where the students evaluate certain aspects of courses by rating them with a number, and open-ended items, where students write in any comments they have regarding any aspect of the courses. The CEA then processes the evaluations, especially noting any extremely positive or negative aspects of each course. If there is a new course director, or course content has changed from the previous year, or if student evaluations warrant it, the course is reviewed in depth and specific recommendations are developed by the Committee. These recommendations are then presented to the course directors, who have generally been very receptive to Committee suggestions. The department chairs and Dean's office also receive copies of reports.

The CEA has recently processed fall quarter 1987 evaluations and will soon be initiating full reviews for five courses. It has also prepared a summary of the reviews and changes in the AC curriculum since its implementation for the Liaison Committee on Medical Education site visit. The review process for winter quarter 1988 is also slated to begin soon.

The CEA has been instrumental in the past in bringing about changes in courses that you, the students, suggested. It can continue to be effective but only with your help. If you are chosen to write a course evaluation, it is vital that you complete it and include as many written suggestions for course improvement as you can. If you are not chosen, we urge you to take your concerns to your class representative who will forward them to the Committee. Only with your input can the Committee work to improve the curriculum at Rush Medical College! Your class representatives to the CEA are Anne-Marie Kudelka (AC M1), Lorrie Elliott (M1), Mitchell Bernsen (AC M2), Claudia Lucchinetti (M2), Rebecca Redman (M3) and Clara Steinmetz (M4).

Prepared by the Committee on Educational Appraisal.

'88 Grads

If you are planning to attend commencement and have not yet been measured for your cap and gown, please come to the Office of Student Affairs, 023 Schweppe, by Friday, May 6. We need to know your height with shoes and the measurement around your filled-with-knowledge head.

Study Skills

by Michael J. Harris, Ph.D.

Director of the Academic Skills Center

STUDENT STUDY HABITS

During the month of February, my colleague, Dr. George Gray, Director of the Office of Curriculum Development and Evaluation, and I prepared and distributed a survey to assess study habits of Rush University students. This article is a brief summary of significant findings. Additional details will be available when the analysis is completed in May, 1988.

The purpose of this study is twofold: (1) to aid in counseling students to improve their study skills and (2) to contribute to efforts aimed at improving the quality of the various academic programs at Rush University.

In order to do the former, we must have information which establishes study profiles for the several student constituencies at Rush and which can be supported by the body of knowledge developed at other institutions. Our preliminary survey of the literature indicates that little attention has been paid to the special study requirements of health education curricula and that investigations carried out include mostly high school students, junior college students and four-year college freshmen.

Our questionnaire, designed to probe aspects of study habits and skills of students in all four colleges of Rush University, was sent to a sample of 25 percent of full-time Rush students. Information was also gathered from part-time students. A response of greater than 50 percent was received.

Preliminary results of the study are as follows:

- * The average number of hours of study per week is highly variable within the student body. Approximately equal numbers of students checked four ranges of study time per week: 6-10 hours; 11-15 hours, 16-20 hours, and 21 or more hours.

- * There is no typical length of study period. The number of students studying less than two hours at a time and the number of students studying more than three hours at a time are approximately equal. About half of the respondents take a break once each hour.

- * Slightly fewer than half of the respondents read assigned text material before going to class.

- * Only 20 percent of the respondents skim text material before reading it, but well over half highlight passages as they read.

- * Thirty-eight percent of the respondents reported difficulty memorizing or retaining material.

- * Forty-one percent reported a tendency to cram for exams.

Analysis of other data from this study will be completed in May. Copies of the study report may be obtained from the Academic Skills Center, 418 Academic Facility.

SEE YOU IN SEPTEMBER

This issue of the Rush Reporter is the final issue for the 87-88 academic year. The staff of Student Affairs wishes graduating students good luck as you pursue your careers and a joyous and restful summer to all. So long until September!

NURSING PINNING CEREMONY

Atrium Lower Level
Friday, June 10, 1988
4:00 p.m.



A DRUG NAMED SAIDS SURROUNDED WITH PAGES? MY? MAX HEADROOM?
THIS IS GREAT! IN THE 60S STUDENTS HAD TO RELY ON DRUGS TO FALLOUTNATE.

ENTERTAINMENT

Special Thanks

Ever wonder who's responsible for transforming the mild, mannered Schweppe Auditorium into a haunting graveyard or a beach extravaganza? Did you ever ask what warped minds dreamt up the games, the parties, or the prizes at all the school activities? And, most of all, did you ever question who cleans up after those wild and crazy bashes?

The gurus of fun and frolic who plan school parties belong to a group known as the Rush University Board. These dedicated individuals bring in their creative ideas every other week to board meetings and volunteer their time and effort at each party. So give them a pat on the back and a big "THANKS," for as they say in the small town newspapers: "and a good time was had by all!"

GO FOR THE GOLD

MAY 15-21, 1988

What are the Rush Olympic Games?

Here it is—your chance to get together with other Rush people and show off your athletic skill in a spirit of friendly team competition. A week of games May 15-21 will include running, swimming, battle "B" ball, obstacle course, track and field, tug-of-war and even some zany events like a "beach bum relay" and "eggs-over-easy" race.

Of course, there will be prizes—"gold," "silver," "bronze" medals. Top athletes will be invited to represent Rush in the Crain's Chicago Sports Battle and other city-wide athletic competitions.

The grand finale on May 21 will be a postgame party, complete with an

awards ceremony and plenty of refreshments, music and fun.

Who is eligible?

All Rush employees, students and staff are invited to participate. You don't have to be a superstar to sign up.

How can I participate?

Teams of at least 12 members are now being organized by Human Resources Satellite Office, 192 Murdock.

Call 942-5959 now to participate.

Entry fee is \$3 per person. Each participant must compete in at least three events.

Even if you're not an athlete, you can still join the fun.

Fun in the Sun

Spring has sprung and the fresh air is calling your name! Don't feel sad if you find yourself *sans* frisbee. Your friendly Office of Student Affairs can help out when you're ready to frolic in the sun. You can check out frisbees, volleyball equipment, footballs and kickballs. And, don't forget the tubs are also available for your next party. A small deposit is required on some equipment.

When you need a break from the books, have fun outside with the aid of our equipment. But, remember, it's B.Y.O.S.T.O. (bring your own sun tan oil)!



R.U. Board members pictured here: back row: Mark Falimirski, M2, Nancy Brachle, N4, Deb Roberts, N4, Bonnie Saunders, N4, Gina Furio, N4, Cathy Kackert, OT, Mark Shapiro, Physio., Carol Figurski, N4; front row: Jim Waite, advisor, Brian Engebrecht, M1, Vohney Hapke, N4, Kathy Evans, N3, Paula Smith, advisor, Mark Poch, Biochem., Anibal Marin, Grad.

Not pictured but not less dedicated: Sue Kos, N3, Julie Soroka, N3, Gail DeGraaff, N4, Juli Dettmann, N4, Joanne Healy, N4, Rich Kupczynski, N4, Larry Duncan, HSM, Gene Kuc, M1, Jim Bryan, M1, Franc Stadler, M1, Glenn Weiss, M2, Nick Speziale, M2, Patty Loofbourrow, M2.

RUSH UNIVERSITY WEEK

MAY 2-6

Spring has sprung and that means it's nearly time for Rush University Week. This is a golden opportunity for students to show they have a joie de vivre that extends beyond academics. Listed below are the week's activities to which you are invited and encouraged to attend:

Art Fair - Students and faculty will display their art work in the Rush University Library from Wednesday, April 27, to Friday, May 6. Stop by and view their creativity.

Meet the Artists and Musicians - Join the artists and musicians in a reception held in their honor at noon on Monday, May 2, outside the Rush University Library. Punch and cookies will be served.

Literary Tuesday - Share the literary experience with Rush authors. Exact time and location have not been determined at this writing. Watch the bulletin boards for details.



Rush University Day - What fun! Oh, joy! Classes are cancelled for the afternoon on Wednesday, May 4! The fun begins at noon with lunch on the lawn. Hot dogs, fried chicken and various sundries will be available for a mere \$1.50. After lunch, participate in or watch the Rush Olympics. See how truly silly you and your classmates can actually look! Also scheduled are the student/faculty tennis tournament which will begin at 2 p.m. and the jogging contest at 4 p.m.

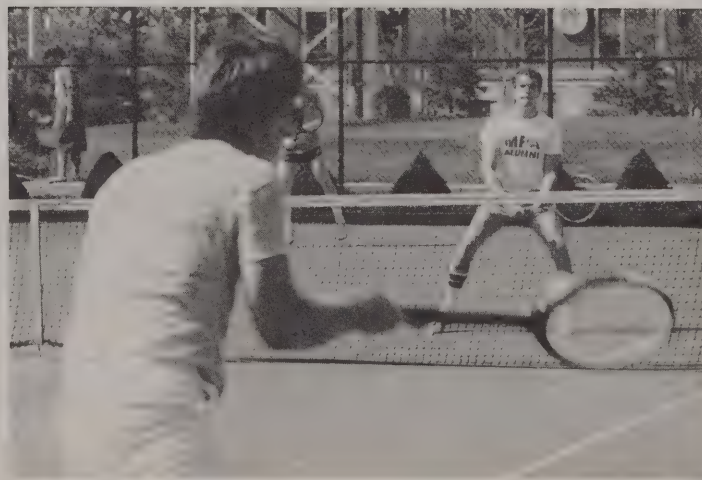
T.G.I.S. (Thank God It's Spring) begins at 4 p.m. at the Schwappe patio. The volleyball nets will also be set up for open play. The evening ends with a B.Y.O.B. (bring your own blanket) for a showing of *Beverly Hills Cop II* on the lawn. The show starts at dusk.

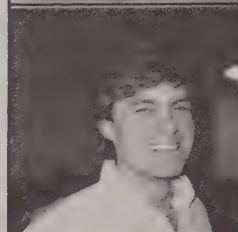
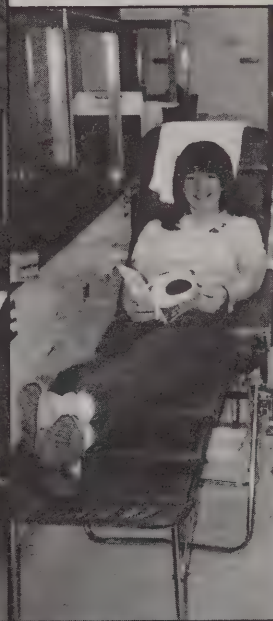
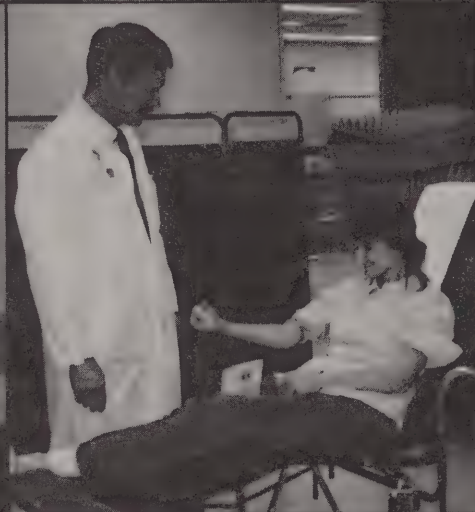


Music Recital - The lobby of Room 500 will be the site of the Music Recital scheduled to begin at 4 p.m. on Thursday, May 5. The recital is classical in nature and will feature musicians from the various colleges at Rush. A reception will follow.

Tour the Medical Center - On Friday, May 6, at noon you will have a chance to tour some of the more obscure and interesting areas of the Medical Center: the Gait Lab, the Sleep Disorder Center, Comparative Research, the Rare Book Room, Magnetic Resonance Imaging, the Lithotripter, or you can see open heart surgery. Space is limited so sign up ahead of time in Student Affairs or at Rush University Day.

Take a break from the books and enjoy part or all of the festivities!





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SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS
SUMMER EDITION

JULY, 1988

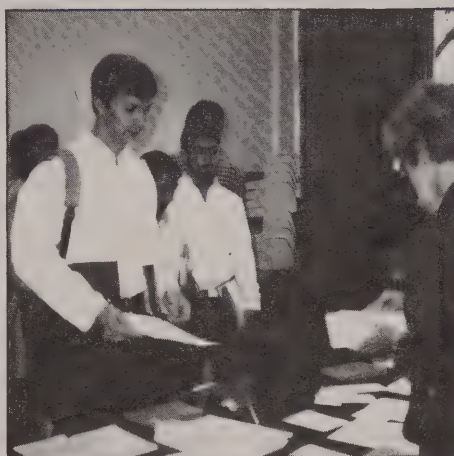
We hope that (unlike us) you are basking by the poolside with only an occasional thought as to what lies ahead at Rush University come September. We've tried to assemble information in this special edition of the *Reporter* which will keep those thoughts from becoming anxious ones.

In mid-August, we will send you additional information so that you will feel "up close and personal" with Rush. Until then, read through this issue and take care of any business you still need to do. Then, relax and enjoy your summer!

EYAWTKARUBDKWTA *Hotline*

The "Everything You Always Wanted To Know About Rush University But Didn't Know Who To Ask" Hotline is now in operation. If you need to know more information about entering Rush or if you have questions about life at Rush or life in general, dial (312) 942-6302. Ask for Paula, Jim or Mary Ann, the gurus of knowledge in the Office of Student Affairs. Questions about Rush will hopefully be answered quickly. Questions about life may take a little longer.

Orientation



Early registration is not permitted for new students. Orientation and registration for all new Rush University students will take place on Thursday, September 8, and Friday, September 9.

You will learn about your curriculum, student counseling and student services during orientation, as well as meet with your advisor. Tuition and fees are paid at registration. You will also sign promissory notes (if applicable), turn in health insurance forms and make on-campus parking arrangements. And don't forget your comb and your best smile. I.D. pictures are also going to be taken.

Further information and an orientation schedule will be sent to you later.

On the Move?

If you have moved since your acceptance, be sure to notify the Admissions Office. We don't want you to miss any news from Rush.

Housing

If you're moving to campus, the Office of Property Management, (312) 942-6474, can answer your questions regarding dates and times you can move into your apartment. You may call or visit their office Monday through Friday, 8 a.m. to 4:30 p.m. Please note that they are not open on the weekend and plan accordingly.

If you still haven't found a place to live and are starting to check the price of a good pup tent, call or drop by the Office of Student Affairs. Located in the basement of Schweppe-Sprague Hall, this office maintains apartment and roommate listings. The staff will be more than happy to share their wisdom on neighborhoods, apartments, etc. Their number is (312) 942-6302.

Supplemental Student Data Form

You will find a yellow "Supplemental Student Data Form" enclosed. Completion of this form is part of the matriculation process of Rush University and applies to everyone. It is essential to the Registrar's Office in determining state residency and completing federal reports. Please fill out the form and return it to the Registrar's Office now. Medical students have already supplied this information, so no form is enclosed.

Final Transcripts

Final, official transcripts that include all course work attempted prior to matriculation at Rush University should be sent to the Registrar's Office prior to orientation. Official transcripts must be mailed directly from the institution attended.

Students planning to enter Rush Medical College should also meet this requirement. While transcripts were submitted to AMCAS during the application process, AMCAS verifies course grades only and does not send transcripts to Rush. Therefore, the Registrar's Office must receive official transcripts from any schools attended at or after the time of initial application and from any school from which a baccalaureate or higher degree was earned.

Foreign Students

Foreign students should report to the Registrar's Office as soon as they arrive in the Chicago area.

Permanent Residents

If you are a permanent resident of the United States, bring your alien registration (green card) to registration. Bring either the original card or a xeroxed copy if you have not previously submitted proof of permanent resident status to the Registrar's Office.

Deferment Forms

Do you have student loans from other institutions? Are you being asked to start payment? You probably are eligible for a student deferment while at Rush. When you get your statement from the lending institution, it will probably include an area for continuing your deferment. Fill in your area, including dates of deferment, sign it and send it to the Registrar's Office. Include a note giving the program in which you have been accepted, your social security number and whether you expect to be a full time or part time student.

Important Information About Jobs

All employees who change jobs or take a new one, whether at the Medical Center or anywhere else, must now prove their right to work under a new Department of Justice ruling. The following are items which may be shown as proof of your right to work:

U.S. citizens must show either a current U.S. passport **or** a current picture I.D. (usually a driver's license) **plus** some document verifying citizenship (usually an **original** social security card or a certified birth certificate).

Noncitizens must show appropriate immigration identification. F-1 student visa holders may only work at the Medical Center.

If you are considering working once you get to Rush, take the time now to find your birth certificate or social security card.



Office of the Registrar
1743 West Harrison Street
1st Floor, Schweppe-Sprague Hall, Room 101
Chicago, Illinois 60612
(312) 942-5681

Financial Affairs

A prerequisite for the completion of your registration is the payment of tuition and fees. The payment policy can be found on page 8 of the Student Financial Aid Handbook. Quarterly rates for full time and part time status are as follows:

Tuition 1988-89

	<u>Per Quarter Full Time</u>	<u>Per Quarter Hour Part Time: 1-11 Hours</u>
<u>Rush Medical College</u>		
*1st & 2nd Year	\$ 5,148.00	—
*3rd & 4th Year	3,861.00	—
<u>College of Nursing</u>		
Undergraduate	2,120.00	\$ 190.00
Graduate	2,491.00	212.00
<u>College of Health Sciences</u>		
Undergraduate	2,100.00	190.00
Graduate	2,466.00	212.00
<u>Graduate College</u>	2,466.00	
<u>Unclassified</u>	—	212.00

**Note:* First and second year students are charged three times a year. Third and fourth year students are charged four times per year. The yearly rates are the same.

You will be provided with an itemized statement of tuition and fees due when you complete your registration. All tuition and fees are due on September 16, 1988. Be prepared to make the necessary payments when you come to orientation/registration. If you have any financial aid applied for and pending through our Financial Aid Office, you will only be responsible for the balance of tuition and fees less that aid. Please be sure that you fully understand the above requirements and correspondingly comply by September 16, 1988, in order to assure that no complications will arise concerning your registration and placement on the class rosters. If there are any questions concerning the above policies or procedures, please contact the Financial Affairs Office at (312) 942-6584.

Parking

Whether you live at Rush or commute in, the safest place to park your car is in the parking facility. You may use this covered garage at a daily rate of \$2.80 or obtain a quarterly key card. The current cost is \$82.50 per quarter, or \$27.50 per month, plus an additional \$10 deposit. Key cards provide unlimited access to the garage and 24-hour access to the Academic Facility via the bridge across Paulina Street. The parking facility also provides free jumpstart and tire change service to garage patrons.

All students who park vehicles at the Medical Center are required to display a Rush parking decal in the left corner of the windshield. Decals, which are free of charge, are necessary for security purposes and for obtaining the discount of \$2.80 per day if you do not have a key card. Representatives from the Parking Garage will be present at registration. You may get your decal and key card at that time.

The Parking Garage is open 24 hours a day, seven days a week. However, for the purpose of obtaining key cards, decals and conducting routine business, the office hours are limited from 8 a.m. to 5 p.m., Monday through Friday. Should you arrive on campus prior to September 8 and wish to make parking arrangements, stop by the garage office. Questions regarding parking should be directed to the parking manager at (312) 942-6594.

Eye Care on Campus

Conveniently located in the Professional Building, Rosin Custom Opticians offers a 30 percent discount to all Rush University students. This is a comprehensive eye care facility specializing in prescription eyeglasses and sunglasses, contact lenses and non prescription sunglasses. In addition, they sell contact lens solutions at very low prices.

Academic Calendar 1988-89

	X Courses	Y Courses	Z Courses
Orientation and Registration	September 8-9	September 8-9	
Fall Quarter Classes Begin	September 12	September 12	September 6
Midterm Week		October 17-21	October 17-21
Classes End	November 18		
Examination Period	November 21-23		
Thanksgiving Holiday	November 24-25	November 24-25	November 24-25
Classes End		December 9	December 9
Examination Period		December 12-16	December 12-16
Holiday Break	Nov. 24 - Jan. 2	Dec. 17 - Jan. 2	Dec. 17 - Jan. 2
Winter Quarter Classes Begin	January 3	January 3	January 3
Midterm Week		Jan. 30 - Feb. 3	Jan. 30 - Feb. 3
Classes End	March 10	March 10	March 10
Examination Period	March 13-17	March 13-17	March 13-17
Spring Break	March 18-26	March 18-26	March 18-26
Spring Quarter Classes Begin	March 27	March 27	March 27
Rush University Day	May 3	May 3	May 3
Midterms		May 8-12	
Classes End			May 12
Examination Period			May 15-19
Memorial Day Observed	May 29	May 29	May 29
Classes End	June 2	June 16	
Examination Period	June 5-9	June 19-23	
Commencement	June 10		
Summer Quarter Classes Begin	June 19		
Independence Day Observed	July 4		
Classes End	August 22		
Examination Period	August 23-25		

X courses are offered by nursing and health sciences faculties

Y courses are offered by first-year medicine and graduate college faculties

Z courses are offered by the second-year medicine faculty

Financial Aid News

Financial Aid Award Notification

Financial aid award letters will be sent to new and returning students beginning mid-July. Notification of financial aid awards will be sent to late applicants prior to the beginning of fall quarter if all requested data has been received.

First Year Medical Students Job Possibility

The Department of Biomedical Communications needs at least two first year medical students to provide audiovisual support in lecture/classes that the students would normally attend as part of the first year curriculum. No experience is necessary. Students must be eligible for College Work Study. If you are interested in finding out more about the duties, contact Mike Brooks at 942-5185.

Loan Program Name Change

As of July 1, 1988, the Guaranteed Student Loan program will have a new name. The Stafford Student Loan is the new name for the old Guaranteed Student Loan program. The name change does not affect terms or conditions for previous borrowers.

Stafford Student Loan Processing

If you have been wondering how the Stafford Loan process works, here is a short summary of the procedures for you to follow in obtaining the Stafford Loan.

1. File a need analysis to determine eligibility for financial aid, including Stafford Loan.
2. FAF and ACT filers will have a Stafford Loan application automatically sent to us for completion.
3. We will process the loan and submit it to the state for guarantee.
4. You will be contacted by your lender to sign the promissory note, after which the loan will be sent in two disbursements to us.

The above procedure applies to students borrowing from an Illinois bank. If you are borrowing from a bank in another state, you must obtain an application from the lender and forward it to the Financial Aid Office for completion. If you do not have any prior Stafford Loan (GSL), it is your choice to use an Illinois lender or a home state lender. In either case, the loan program is the same nationwide.

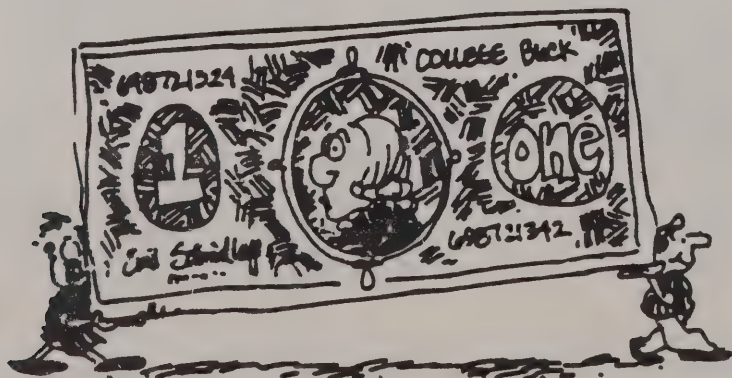
Feel free to contact the Office of Student Financial Aid at (312) 942-6256 if you have any questions.

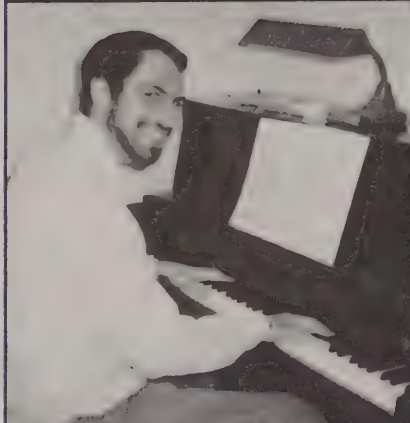
Health Insurance

The University has authorized a two-part program of medical service to protect and promote the health of its students. The first is **Anchor**, a health maintenance organization oriented toward illness prevention, which provides a variety of professional services and ambulatory care. This is not a hospitalization plan. While a student is actively enrolled, single coverage in the Anchor plan is provided by the University. Coverage does not begin until an Anchor application is properly filled out and signed at the Office of Financial Affairs. An application must be filled out during the first week of the fall quarter for all new students and whenever a student is rejoining the Anchor program after a lapse in coverage such as summer vacation.

The second part of our student health insurance program is **Blue Cross** hospitalization insurance. Each student must maintain the Blue Cross coverage or its equivalent from the date of matriculation until graduation, including summer quarters. Prior to matriculation, students must decide to either join Rush's Blue Cross policy or obtain similar coverage elsewhere. During fall registration, all students must sign up for single Blue Cross membership unless they can provide proof of alternative coverage. Such proof would consist of presenting a current alternative hospitalization policy or a member identification card.

Additional information and applications for both Anchor and Blue Cross will be sent to you at a later date.





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SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

SUMMER EDITION

AUGUST, 1988

Welcome to Rush!

The count-down continues.... September will be here soon and we are anxiously awaiting your arrival (and some relief from the heat!). Contained in these pages is more information that will make the transition to Rush a little easier. Since we are the editors of this tabloid, we'd like to begin with our own little editorial:

Shortly after your arrival, you are sure to realize that, "Hey! College was *never* like this!" Life is a bit different here in the health professions institution than almost anywhere else. That can be good or that can be bad. We've heard it's more like having a job than going to school. The time demands are great. Rush students are incredibly competitive (even in silly games that really don't matter). And, yes, you have tons of studying to do.

Academics are only a small part of the picture, and we realize the importance of "playtime." Don't expect to spend your time here

incognito because the student services staff and faculty strive for that personal touch. We have quite a diverse student body and you will be provided ample opportunities to socialize and learn from the friends you make. You are encouraged to get involved in some organization. We have a little something for everyone and are always open to new ideas. Besides your personal satisfaction, involvement also looks good on your resume!

Since you can't be at school all the time, remember that you will be in the heart of Chicago. Enjoy its cultural and recreational events. The city has much to offer.

The next few years will be exciting. Your experiences will be many. You will cultivate new friends and, of course, "colleagues."

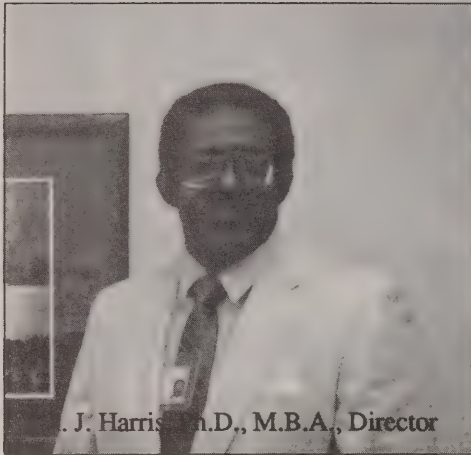
So pack up your book bag and sharpen your pencils. We'll see you in September!

Paula, Jim and Mary Ann
Student Affairs



Student Affairs staff anxious to greet you are: (left to right) Mary Ann Moran, Secretary; Jim Waite, Assistant Director; Paula Smith, Director.

Academic Skills Center



The Academic Skills Center offers study skills services to students in all four colleges of Rush University in the following areas:

- * Study skills and test-anxiety assessment
- * Term paper, thesis and technical paper writing
- * Time management counseling
- * Improving study habits
- * Effective textbook reading
- * Note-taking
- * Individual and small group "how to study" sessions
- * Assistance in arranging content tutorials
- * Study skills workshops at orientation and during the academic year

The Center works with University faculty to help them provide the most effective teaching/learning environment for students. The Center also cooperates closely with the Rush University Counseling Center and with academic advisors in the early identification of academic problems and assists in appropriate, timely interventions for the resolution of these problems.

The Academic Skills Center is located in 418 Academic Facility, near the entrance to Biomedical Communications, next to the McCormick Learning Resources Center. The telephone number for information and to make an appointment for consultation is 942-3227. Please allow four rings. Office hours are from 9 a.m. to noon (preferred times for appointments) and from 1 to 4 p.m. (walk in). To accommodate student schedules, other appointment times may be arranged.

Student and faculty feedback regarding present services provided and suggestions for additional study skills programs are always welcome.

The Office of Student Affairs

The Office of Student Affairs, located in 023 Schweppe-Sprague Hall, is concerned with the co-curricular aspects of your life at Rush University. Along with the Rush University Board and other student groups, the staff provides activities of a social, cultural and recreational nature. In addition, they coordinate your elections, act as advisors to student organizations and handle career services. Special publications, such as the one you're reading now, the *Rush Reporter*, and the *Student Handbook* originate in this department. The staff also has significant involvement in special events such as orientation, commencement and the pinning ceremonies.

Of course, the Student Affairs staff are always willing to lend an open ear for any concerns you might have, so feel free to stop by. Paula, Jim and Mary Ann are also great resource persons and are usually up on the latest rumormill. So be sure to see them as often as possible.

Chicago Celebrations

Newcomers to the Windy City and native Chicagoans alike are sure to enjoy the following upcoming events around town.

The Chicago Jazz Festival once again will be held at the Petrillo Music Shell in Grant Park. From August 31 to September 4, jazz superstars will celebrate Chicago's rich

jazz tradition. See Herbie Hancock, Sonny Rollins, Lionel Hampton and the Art Ensemble of Chicago. You can also listen to the live broadcast on WBEZ, 91.5 FM and be *cool*, man! Call the Mayor's Office of Special Events 744-3315 for more information.

Ach, du lieber! September 14-17 is Oktoberfest on Adams between State and Dearborn. Bands from Heidelberg and Chicago will provide

entertainment daily. Enjoy traditional German food and beer under giant outdoor tents sponsored by the Berghoff Restaurant (427-3170).

The refined Rush student will want to visit the Chicago International New Art Forms Exposition at Navy Pier from September 23-26. Exhibits ranging from purely sculptural to functional pieces by artists from 1900 to the present will be on display. For details, call 787-6858.

On-Campus Student Picnic

Moving into the residence hall? If so, mark your social calendar for Tuesday, August 13. This is the day that the Office of Student Affairs invites all new and returning on-campus students to a picnic on the Student Lounge Patio behind Schweppe.

Dinner will be provided, so don't miss this opportunity to get to know your neighbors. The festivities will begin at 4:30 p.m. More info will be distributed later.

Come and Join Us!



The new 1988-89 Rush University Board is gearing up to help make the upcoming year the best yet. The Board is a university-wide student committee that works along with the Office of Student Affairs to coordinate the co-curricular life of the Rush student community. They have been working hard this summer preparing for such events as the Mad Pumpkin Ball, Beach Party, Open Mike Night, T.G.I.F.'s and much, much more.

Joining Rush University Board is a great way to meet new friends and to get more out of your stay here at Rush. They meet every other Wednesday at 5 p.m. Look for signs around campus and come join the group. Remember, there is more to school than the classroom. For more information or to sign up, stop in the Student Affairs Office (023 Schweppe) and talk to Paula Smith or Jim Waite.

Big Sib (big sib) *n.* 1. Abbreviation for big sibling; i.e., big sister or big brother. 2. A resource person. 3. One who offers support and sage wisdom about Rush University and life. 4. A heckuva nice person.

Each new undergraduate nursing student and first year medical student is assigned a big sib from the second-year class. Before you begin school in September, hopefully your big sib will have contacted you and calmed your fears about your program and Rush University.

You can meet your big sib in person at the cook-outs scheduled for your class on the Student Lounge Patio behind Schweppe. The medical college big sib party will be held Friday, September 9, and the nursing college big sib party will be on Monday, September 12. Watch your orientation packet for more specific details.

This is a great opportunity to meet your new classmates and mingle with the "voices of experience."

Mailboxes

Each Rush student is issued a student mailbox at orientation. This is basically the only way faculty, staff and fellow students get messages and information to you. Medical students receive co-op notes through theirs as well.

We ask that you check your mailbox once a week. It's true that you will find quite a bit of propaganda within, but you might miss something important, so check yours often.

Office of the Registrar

The Office of the Registrar prepares and distributes a timetable prior to registering students each quarter. At the end of each quarter the Registrar receives grades and mails grade reports to students with copies sent to the appropriate advisors. As students near the completion of their programs, the Registrar performs graduation audits and orders diplomas. Other activities include taking identification pictures for students and faculty, publishing the Student Address Book and the Rush University Bulletin, completing loan deferment forms, licensure applications and transcript requests and the scheduling of class and meeting rooms for the Medical Center. The Registrar serves as advisor for veterans and the assistant registrar serves as advisor for international students. The Office, located in 101 Schweppe-Sprague, is open from 8 a.m. to 4:30 p.m. Monday through Friday.



The Registrar's Office includes: (clockwise from top left) Denise Labeledz, Coordinator of University Scheduling; Joe Swihart, Registrar; Felicia Garza, Student Records Aide; Diane Grayer, Student Records Aide; Ann Schuppert, Assistant Registrar.

College Admission Services

College Admission Services coordinates the admissions process for applicants in undergraduate and graduate nursing, medical technology, occupational therapy, audiology and speech-language pathology. The staff provides educational counseling regarding prehealth curriculum and general ways for students to prepare credentials and conducts preadmissions audits. Recruitment is also a function of College Admission and the staff attends college fairs, visits high schools and colleges for information purposes and sponsors open houses and campus visits for potential students. Rush has an affiliation network with several private colleges which provide about one-fourth of the undergraduate students. College Admission maintains relations with students and staff at these colleges.

Advertising and publications are also an Admission effort. The staff also maintains a library of current college catalogs and information on such examinations as the Graduate Record Examination.

Located in room 119 of Schweppe-Sprague Hall, College Admission Services is open from 8 a.m. to 5 p.m. Monday through Friday.

Employment Positions

College Work Study (CWS) positions are available for students who have been awarded employment in their aid packages. Departments that hire CWS students include the Rush Library, the Learning Resource Center, BioMedical Communications, the Registrar's Office, the Student Affairs Office, the Financial Aid Office and Financial Affairs. Other departments in the Medical Center also hire students and the Financial Aid Office maintains job listings. If you have been awarded employment in your award letter, you may contact the above departments for further information.

Students who are not awarded employment in their aid packages may elect to work to replace any loans that were awarded. The Financial Aid Office can make an adjustment in your award if requested to do so.

It is important to remember that employment at Rush-Presbyterian-St. Luke's Medical Center may affect the amount of assistance you receive during the year since federal regulations require employment monitoring for specific programs. Contact the Financial Aid Office if you have any questions.

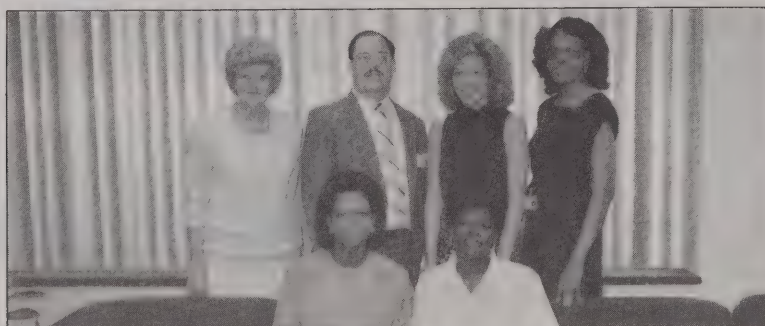
Office of Student Financial Aid



For financial aid info, see: standing left to right: Carol Silva, Counselor; Bob Dame, Director; (seated left to right) Cecelia Corey, Assistant Director; Bobbie Oglesby; Counselor; Kathryn Swanigan, Secretary.

The Office of Student Financial Aid is located in 101 Schweppe-Sprague Hall. All full and half-time students are eligible to apply for financial assistance. The Financial Aid staff coordinates funds to students in need so that they will be able to pay for a Rush education. Because of limited federal funding, financial aid is allocated to students with the highest demonstrated need. Other loans are also available to less needy students. The Financial Aid staff is also able to assist you in establishing a reasonable budget to balance your expenses and available resources.

Students borrowing funds to help finance their education at Rush are also encouraged to seek the counsel and guidance of the Financial Aid staff to avoid an unmanageable debt after graduation. The staff also coordinates student letter writing campaigns to legislators and other key public figures when critical financial aid legislation is pending. Questions can be directed to the staff at 942-6256. The office is open from 8 a.m. to 4:30 p.m. Monday through Friday.



The staff includes: (standing left to right) Phyllis Peterson, Director; Alan Christensen, Assistant Director; Carol Lyn Soudier, Admission Counselor; Elizabeth Small, Admission Information Clerk; (seated left to right) Hope Mason, Secretary; Evelyn Jackson, Secretary.

Student Counseling Center



(Standing left to right) Dr. Mark Langgut, Counselor; Dr. James Stewart, Counselor; (seated left to right) Dr. Marilyn Johnson, Director; and Peggy Lusk, Counselor.

The Student Counseling Center provides professional counseling year round for concerns ranging from academic problems to issues of personal development. In the past, Rush students have sought help for test anxiety, insomnia, marital and/or relationship problems and problems in relations with family, peers and faculty. In addition to individual counseling, the Center provides assertiveness training. No record of any contact with the Student Counseling Center is accessible to any college or university administrator, and all discussions with Center staff are held in strictest confidence. The Center is located on the 8th floor of Schweppe-Sprague Hall, or call 942-3687.

Peer Counselors

For the tenth year, the Student Counseling Center of Rush University will offer a peer counseling training program. New students and their spouses and mates (married or unmarried) are invited to participate. Peer counselors are students from all Rush colleges who volunteer for training and then become available to other students.

The purpose of the program is to provide you with skills which can be used to help other students and spouses. There are certain concerns about which one might prefer to talk to another student or spouse rather than to a faculty member or to a staff member of the Student Counseling Center. The unique experiences of students and spouses make them especially valuable in helping each other. Participating in the program occurs in two steps: (1) attending one all-day group session and four weekly two-hour training sessions

and (2) attending several group meetings throughout the school year. The training will begin with all-day groups on Saturday, September 10, and Sunday, September 11 (attendance is required on one day only); the weekly training sessions will begin the week of September 12 and will meet in the early evenings. The Student Counseling Center will provide more information about the program at your orientation in September.

If you are the kind of person to whom people come when times are hard, and if you are able to share your concerns with others, you might enjoy becoming a peer counselor. If you want to contact someone before school begins, please feel free to telephone Marilyn Johnson, Director of the Student Counseling Center, at 942-3687 or stop by the Student Counseling Center, 8th floor, Schweppe-Sprague.

Tours

On Thursday and Friday, September 8 and 9, the Office of Student Affairs will sponsor a variety of tours to acquaint you with Rush and the city of Chicago.

Tours of the Medical Center, including the hospital, academic buildings, Learning Resource Center and Academic Computing Resources will be available several times during the two days.

"EI" tours have also been planned

for those who may be interested in learning the "how to's" of riding public transportation in the city. Experienced el travelers will lead you on an adventure around the West side of the Loop. You'll learn about tunnels, transfers and turnstyles and hopefully become familiar with the system.

The departure times of the above mentioned tours will be announced at orientation.

Rush University Bookstore



Helping you at the Bookstore: (left to right)
Ann Jaskowka, Cashier; Kathy McDermott,
Assistant Manager; Desirae Heil, Manager.

The Bookstore stocks all required and recommended textbooks for Rush University, as well as medical and nursing reference titles, health titles, medical fiction, test preparation titles, etc., at prices approximately 10% below other stores. This discount is made possible by the Rush University Faculty Wives' volunteers, who volunteer for you! A percentage of the income each year reverts back to Rush University to be used for student financial aid.

To receive a ten percent discount on books, you must present your validated student I.D., so be sure to carry it with you when shopping at the Bookstore. Personal checks and traveler's checks are accepted with a valid student I.D.

The Bookstore also carries a large assortment of college supplies, medical and surgical supplies, greeting cards, backpacks, duffles, clothing, lab coats and lab jackets. Overnight film developing is also offered if your film is deposited before noon in the store.

Located on the ground floor of the Academic Facility, the Bookstore is open from 9:30 a.m. to 3:30 p.m. Monday through Friday.

Office of Financial Affairs Bursar's Office

The primary student function of the Office of Financial Affairs is billing and collection of tuition, insurance and on-campus housing charges. The Financial Affairs staff is responsible for issuing receipt for payments received and for disbursing guaranteed loan checks once payment for any balance owed to Rush has been made. The Office of Financial Affairs is also responsible for issuing overpayment checks for any credit on student accounts due to financial aid.

The staff coordinates the University's Blue Cross hospitalization policy and the University's ANCHOR HMO policy. Rush requires students to carry some type of hospitalization from matriculation until graduation. Rush also enrolls students in ANCHOR. Information for both policies is included with this mailing. Please see Financial Affairs for any questions or problems concerning student insurance.

Other functions include check cashing for students with a valid

University I.D. (up to a maximum of \$50) and validation of the University student I.D. upon satisfactory financial arrangement.

If you have any questions regarding your tuition bill, insurance coverage or check cashing privileges, please do not hesitate to contact the staff in the Office of Financial Affairs. Check cashing hours are from 9 a.m. until 4 p.m. Monday through Friday. For payments and questions on bills and insurance, the staff is available from 8 a.m. until 4:30 p.m.



The staff includes: (back, left to right)
Sharon Tyrrell, Insurance Coordinator;
Rick Davis, Bursar; (front, left to right)
Maria Rubio, Loan Collection Coordinator;
Paola DiDomenico, Manager.

Things To Do At Rush

(continued from page 7)

Student Government/ Organizations

Each college at Rush has its own student government association. You're encouraged to get involved in this aspect of your education. Committees range from admissions to curriculum to judiciary review. You can help the channels of communication among students, faculty and administration. Elections are held in the fall—watch for further information once you arrive at Rush.

You will hear of many professional organizations at Rush when school

begins, providing you with a chance to mingle with your peers, give your input in the future of your chosen career and sometimes do community service.

Incidentally, all events are free of charge to Rush students and guests. Spouses, loved ones and friends are welcome. (We ask that you don't bring 30 or 40 of your closest and dearest friends, however.)

Keep in mind that your life at Rush University will be what you make it. You will be encouraged to be as involved as your curriculum allows. Of course, we want you always to be happy and healthy. Enjoy your life at Rush!

Things To Do At Rush

Say! School starts next month! You've heard about requirements and curriculum, but no one's told you where to go to relax, unwind, meet new friends, meet old friends and just have a little fun. For your information, the Office of Student Affairs really shines on these details. All students and faculty are invited (and encouraged) to attend the activities sponsored by Student Affairs and the Rush University Board.

You can expect the following activities:

T.G.I.F.'s



These afternoon soirees, generally held the first Friday of every month, are probably the social events of the year! You are offered the opportunity to mingle with faculty, friends and students from the other Rush programs. T.G.I.F., with its variety of beverages and snacks, helps you readjust your attitude.

Each T.G.I.F. is sponsored by a different department and sometimes has a special theme and entertainment. The first party is scheduled for Friday, September 16, from 4 to 6:30 p.m. in the Schweppe Auditorium. We will be having an organizations fair which will give you an opportunity to check out what group you might want to join. In addition, we'd like you to sport a t-shirt, hat or other

article of clothing which lets everyone know where you went to school before or what your home town is. No doubt you will find someone with a common background. After the party, we will be showing Robo Cop out on the lawn.

Big Screen Mania

In an effort to swing with the times, the Student Lounge is proud to announce the arrival of its new BIG TV—as in 46 inches! Though programming plans are a bit hazy at this writing, you can be guaranteed that the lounge will be **THE** place to be for *All My Children*, *Jeopardy* and *Monday Night Football*. In addition, a movie will be featured once a month. Watch future issues of the *Reporter* for specifics and additional events.

Parties

Each quarter the Rush University Board sponsors a major party. The Mad Pumpkin Ball, the Beach Party and the 60's Party are already scheduled. Yes, we like costume parties and it's not too soon to begin planning your attire. Dance music is provided at the parties, as well as beverages, munchies and prizes!



Talent

We recognize that Rush University students are not only academic geniuses but are also talented in the arts as well, and we would like to give you a chance to show off.

During the Festival of the Arts, you can display your visual or literary talents in the art exhibit or participate in the music recital. If classical music is not your bag, Open Mike Night might be your outlet.

Each month Student Affairs publishes the *Rush Reporter* and would welcome your writing talents. Don't be shy!

Sports/Recreation

In case you haven't heard by now, Rush does not have any athletic facilities, but that's still not a good excuse to lounge around eating bonbons. Instead try one of three aerobics classes offered on campus. Get together a team in the fall for Rush University's flag football league. Work out at the Parcourse Fitness Cluster located in front of McCormick House.

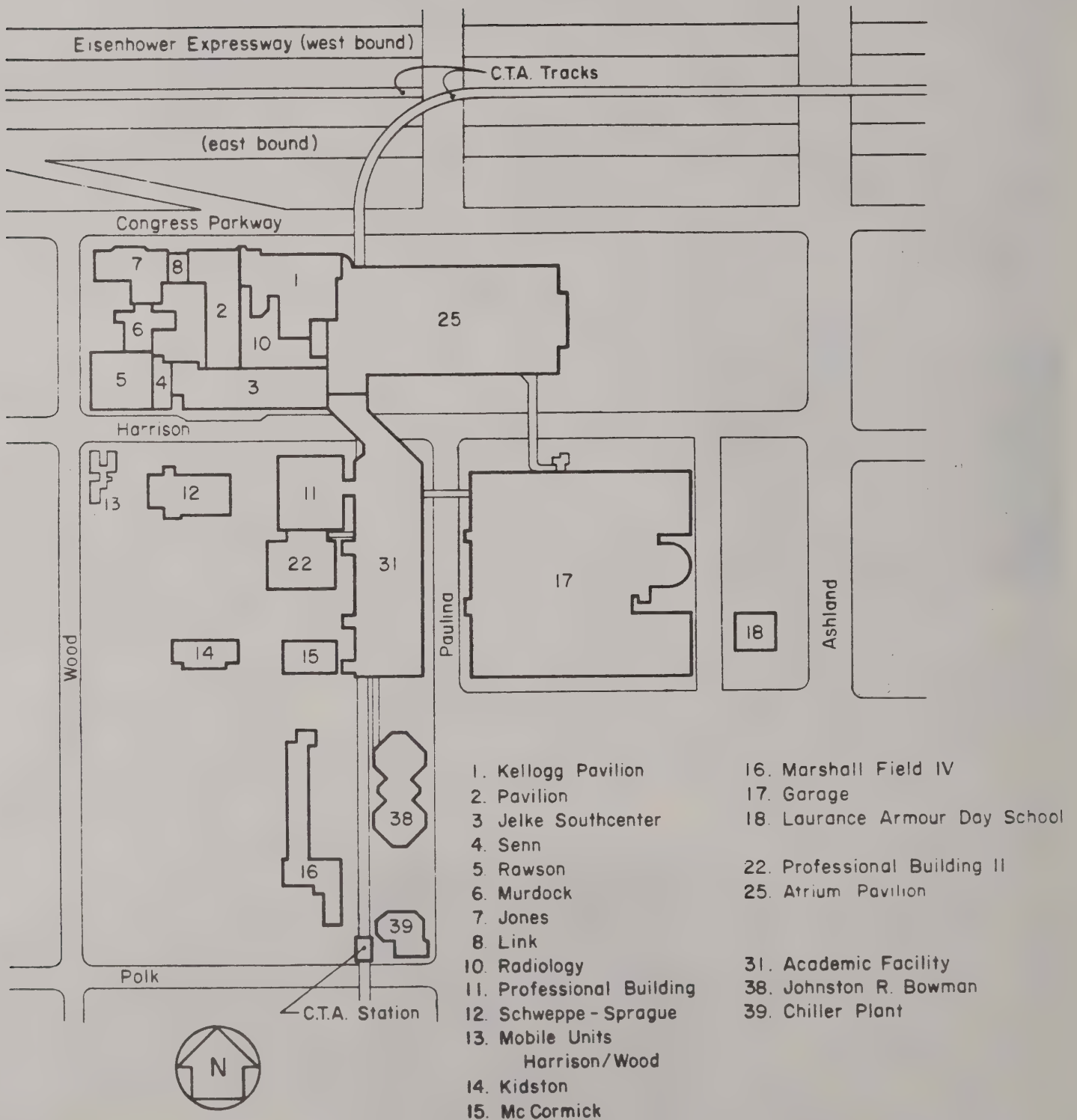
If that's not enough, Rush students can buy passes for the athletic facilities at both campuses of U of I - Chicago. Student Affairs will give you a \$10 rebate each quarter you purchase a pass.

Outings

From time to time Student Affairs purchases group tickets to theatres and sporting events. The tickets are offered to you at a reduced rate. This gives you a great opportunity to take advantage of what Chicago has to offer.

(continued on page 6)

A "BIRD'S EYE" VIEW OF RUSH



Transportation

Transportation seems to be a chief concern among most students. Hopefully, the following information will prove helpful.

Public Transportation

For those of you without your own wheels, public transportation is the easiest way to get around town. The Chicago Transit Authority provides "el" (subway) and bus service to most areas of the city. The el routes and many buses provide 24-hour service. Commuter railroads and suburban bus services provide transportation to and around outlying areas. The Medical Center area is served by both Douglas and Congress el lines, as well as many CTA bus routes. For information about public transportation in the metropolitan area, the RTA maintains a toll-free information line. The number is 800-972-7000. Be prepared to tell them where you are and where you want to go. They will be happy to assist you in planning the most efficient route. They will also send you free system maps and route schedules on request.

The fare on buses and rapid transit trains is \$1 and a transfer is an additional 25 cents. *****All buses require exact fare.***** Change and discount tokens are available at el and subway stations. One other alternative for regular CTA users is a monthly pass which entitles you to unlimited CTA use for one month.

Rush/Cook County Shuttle Bus Service

As a joint effort, Rush and Cook County Hospitals offer a private bus service between Rush and Northwestern and Union Stations. You can pick up a book of 20 tickets at the

hospital cashier's desk or the Schweppe Sprague 101 cashier for \$18. The buses run every 15 minutes from 6:05 a.m. to 9:35 a.m. and from 3:05 p.m. to 6:35 p.m. You can catch the bus at the corner of Paulina and Harrison in front of the Atrium building or at the northeast corner of Harrison and Wood Streets by the Rawson building.

Rush Shuttle

Rush's security guards will drive you to your car or your apartment (if you live in the neighborhood). The shuttle is free and runs on the hour from 6 p.m. until 1 a.m. and as needed after 1 a.m. You can catch the shuttle by the revolving doors of the Harrison Street Lobby. If you are at your apartment and wish to come to campus, call Security (942-5678) and the shuttle will pick you up.

Keep in mind that the shuttle is a security measure. You will not be dropped off at Burger King or a local drinking establishment.

Identification

During registration, you will be issued a photo I.D. Please keep this badge with you while at the Medical Center. It is an absolute must when you are on the floors in the hospital. You should make a special effort to wear it whenever you're on campus in the evening. Rush goes on limited access after 7 p.m. and if you want in, you must have your I.D.

This I.D. badge is a safety precaution. It proves your right to be in the buildings and also allows you to identify safe persons when you're here.

Smile pretty when you get your picture taken....everyone wants to see it.

Invitation

From: Rosin Custom Opticians
To: Rush University Students
For: 30% discount
*RSVP: Professional Building,
Suite 945
Rush-Presbyterian-St.
Luke's Medical Center*

We are a comprehensive eye care facility specializing in:

*Prescription eyeglasses
Prescription sunglasses
Contact lenses (clear and tinted)
Contact lens solutions
Non prescription sunglasses*

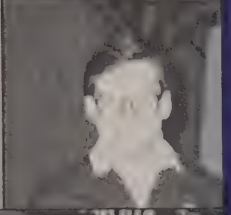
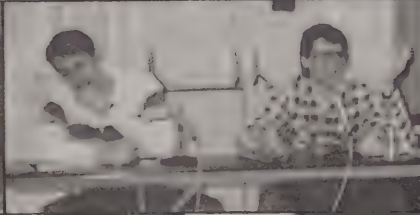
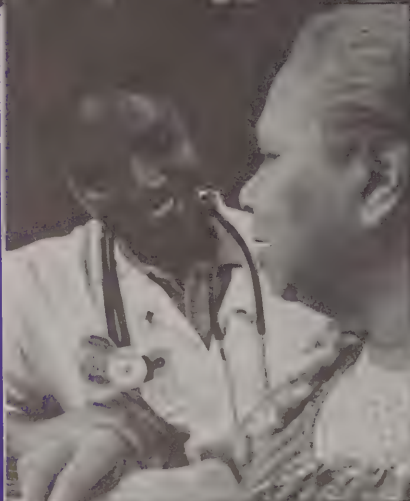
We look forward to serving your eye care needs.

*Yours for better vision
and quality service,
Drs. Joseph and Sorrel Rosin
Doctors of Optometry*

*This offer is good through
November 30, 1988.*

In Summary . . .

We hope that most of your questions have been answered here. Surely we have covered almost everything you could possibly want to know about Rush University. In case we've overlooked something, please give the EYAWTKARUBDKWTA Hotline: (312) 942-6302. Paula, Jim and Mary Ann will be more than happy to help you out.



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RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

VOLUME XII, NUMBER 1

SEPTEMBER, 1988

The Lounge Comes to Life

The lower level of Schweppe is an area almost everyone knows as the Student Lounge. Many of you know it as a reposeful place to play the piano, chit chat, have lunch and catch Erica's latest escapades.

This summer has been good to the Lounge and some improvements have been made. Not only are there some new pictures and posters adorning the walls, but TV Mania has hit. Yes, folks. Forty-six inches of glorious color make the Lounge *THE* place for "Monday Night Football," the soaps and the "Daily Double." In addition, Rock World (kin to MTV) will be shown regu-

larly as well as movies, concerts, etc. Watch the bulletin board for details.

The Lounge is also a great place for commuters to relax in between classes. It's relatively quiet during the day (except at noon) and has plenty of comfortable furniture. There's a kitchenette complete with microwave and a patio.

The Lounge is open Monday through Thursday 8:30 a.m. to 10 p.m. and 8:30 a.m. to 5 p.m. Friday. Students and faculty are welcome to reserve the Lounge in the evenings for meetings or special events.

Come on down!

Limited Building Access

Between the hours of 9 p.m. and 6 a.m., only three entrances at the Medical Center will be open: 4th floor Academic Facility, 4th floor Atrium from the parking garage and first floor Jelke. Security guards are posted at these entrances, and students and staff must present an I.D. to gain admittance.

Artwork Wanted

Are you an artist in search of an opportunity to show off? If so, contact the Office of Student Affairs. They would like to display student or faculty artwork in the Lounge in the glass cases. Displays would be locked up and could be up for a couple of weeks. If interested, see Paula or Jim.

Run For Health

The National College of Chiropractic and the Delta Tau Alpha Honorary Society will be hosting the second annual Run For Health on Saturday, September 24, 1988, to raise funds for the newly established Lombard Community Children's Fund. The event will include a 10K race through the residential neighborhood north of NCC and a one mile Fun Run on campus.

In the spirit of competition and camaraderie, NCC has invited Rush students to participate in the collegiate-team category, with five members on a team and at least one member a woman. Individual runners' times will be tallied, and the team with the lowest over-all time will be declared the winner and awarded a trophy.

Rush may enter two teams and the Office of Student Affairs will pick up the entry fee. Please contact Paula in Student Affairs, x26302, by September 19 if you are interested in gathering a team.



New Appointment in Financial Aid



The Office of Financial Aid is pleased to announce that Bobbie Olglesby recently joined the staff as its new financial aid counselor. Prior to her arrival here at Rush, Bobbie worked as a financial aid counselor at the University of Illinois at Chicago. Bobbie holds a B.A. in English from Winston-Salem State University in North Carolina and a master's in Business and Public Administration from Southeastern University in Washington, D.C.

As financial aid counselor, Bobbie will be involved with processing guaranteed student loans for all students as well as determining award packages for our fourth year medical students. Bobbie is looking forward to meeting Rush students and helping them achieve their financial needs. We hope you will join all of us here at Rush in welcoming Bobbie to her new position.

Rush Job Guide

Students interested in a job can obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list positions.

Academic Computing Resources - Computer Assistant. Monitor software, light typing. \$5.50/hr. 20 hrs/wk. College Work Study. Contact Patrick Householder, x26556.

Accounting - Cashier. Clerical, must operate 10-key calculator. \$5.50/hr. 15-20 hrs/wk. College Work Study. Contact Jack Brown, x25606.

Biomedical Communications - Communications Skills Assistant. Visual and audio taping. \$5.50/hr. 20 hrs/wk. College Work Study. Contact Dusty Brooks, x25185.

Biomedical Communications - Projectionist. Audiovisual technical assistance. Must be first year medical student. \$5.50/hr. 20 hrs/wk. College Work Study. Contact Dusty Brooks, x25185.

Employee Health & Fitness - Data Analysis Consultant. Questionnaire development, data collection and analysis. Stipend. Hours negotiable. Contact Claudia Baier, x25309.

Family Violence Program - Resource Nurse. Data collection, program coordination. \$16/hr. 10-15 hrs/wk. Contact Daniel Sheridan, x22873.

Illinois Dept. of Corrections - Special Education Instructor. Develop and coordinate handicapped instruction program, implement screening and referral process. \$23,000-32,000/yr. School District #428, (815) 496-2311.

Learning Resource Center - Circulation Clerk. General clerical, light typing. \$5.50/hr. Evening and weekend hours. College Work Study. Contact Carol Covey, x26799.

Library - Assistant. Clerical, light typing. \$5.50/hr. Hours vary. College Work Study. Contact Maggie Marshall, x22274.

Registrar's Office - General office. \$5.50/hr. 10-15 hrs/wk. College Work study. Contact Ann Schuppert or Joe Swihart, x25681.

Mailbox Check

Each and every Rush student has been issued a mailbox through which he or she may possibly receive important information from faculty or friends or on the latest social function. You are encouraged to check your mailbox weekly. Not only will this keep you on the cutting edge, but

it will also keep the cob webs at bay.

Keep in mind that no U.S. mail will be delivered to these boxes. Please make arrangements to have all personal mail, including journals and magazines, sent to your home address.



YOUR ATTENTION, PLEASE

ANCHOR Info

ANCHOR Health Maintenance Organization (HMO) provides outpatient health services to all Rush students. ANCHOR-Rush (Central) is located at 1700 W. Van Buren on the 4th and 5th floors. You are asked to follow these guidelines for appointments/acute care:

1. Students requesting a routine appointment or physical exam should call to make an appointment with their ANCHOR physician.

Internal Medicine

666-7603 - 5th floor

Family Practice

666-7602 - 5th floor

Obstetrics/Gynecology

666-7605 - 5th floor

If you do not have an ANCHOR physician, you may (a) choose a physician and follow the above procedure or (b) state that you are a Rush student and request a reserved Rush student appointment time. ANCHOR-Rush has reserved Rush student appointments for the following times:

**Weekdays - 8:15, 8:30, 12:15,
12:30, 5:15, 5:30**

Saturdays - 9:15, 9:30

(This physician will then be your primary care physician.)

2. Students with an acute medical problem should call 666-7600. You will be asked your name, birthdate, phone number, ANCHOR physician and medical problem. Students without an ANCHOR physician will be randomly assigned an ANCHOR doctor and, if available, given a reserved Rush student appointment.

Clinic hours on weekdays are from 8 a.m.-6 p.m.; Saturdays from 9 a.m.-1 p.m.

Emergencies will be transferred to

your physician's nursing triage area. Medical personnel will assess the problem, give further instructions and/or make an appointment for you. For nonurgent problems, a message will be taken and your physician's nurse or physician will return your call. You will then be given an appointment or further instructions.

During nonoffice hours, the message center will contact the physician on call who will return your phone call promptly. Do not go to an emergency room unless specifically advised by an ANCHOR physician or nurse. If you feel you have a life-threatening problem and cannot wait for a return phone call, proceed to the nearest emergency room. Have the emergency room contact ANCHOR at that time.

3. Students who "walk in" without an appointment and request to see a physician will be handled in a similar fashion as in #1 and #2. We ask you to call instead of walking in. Not all students/patients who walk in can be seen that same day.

4. Please arrive at least 15 minutes prior to your appointment if you have not made out a chart beforehand (i.e., first ANCHOR visit).

5. If you feel you need to see a consultant, discuss this first with your ANCHOR physician. All referrals to nonANCHOR physicians must be approved beforehand by your ANCHOR primary care physician.

6. Prescriptions written by an ANCHOR physician or consultant should be filled at Walgreens. One is located on the 4th floor at ANCHOR-Rush, 942-5505.

If you have problems with your health care service at ANCHOR-Rush, place your comments or complaints in the "comments" box located on both floors or contact Gloria Lipkin at room 4201, 666-7606.

SNA:

What is it all about?

The Student Nurses Association (SNA) would like to invite all Rush University nursing undergraduate students to become members of this organization. SNA's purpose is to influence legislation and policies that affect our future as nurses; to participate in and contribute to the community, to become more involved as students at Rush, and to grow into our professional role as nurses. SNA is a great organization to develop your leadership skills, make friends, meet new people and have lots of fun. Some of the upcoming activities are as follows:

September 9 - Equipment sale

September 12 - Big Sib, Little Sib picnic

September 16 - The first T.G.I.F.

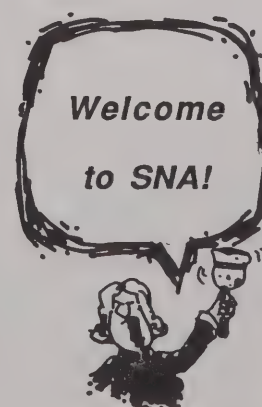
(Thank God It's Friday) party

September 19 - SNA party

October 3 - First SNA meeting

Times and places will be posted and announced. SNA meetings will be held every other Monday from noon to 1 p.m. in Schweppe-Sprague Hall. All students are welcome to join.

*Dawn Kane and Mary Beth Heiting
SNA Members*



Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

A natural topic for a September column is anxiety. Anyone who tells you that he or she felt no anxiety during the first year at Rush is (a) a pathological liar; (b) brain dead; (c) a daily cocaine user; (d) all of the above; (e) a and c but not b; (f) b and c but not a; (g) a and b but not c; (h) none of the above. There are at least three sources of anxiety for new students.

Novelty/uncertainty. This type of anxiety is especially prevalent during the first year of school; it also occurs when routines change markedly (e.g., when medical students begin clerkships after a period of academic study). How many of the following events did you experience during your first year at Rush?

- * New city and/or state
- * New apartment
- * Separation from loved ones
- * Lack of acquaintance with any one in Chicago
- * Role change from worker to student
- * Marriage/cohabitation
- * New city for significant other(s) including children
- * Change to urban living
- * Lack of acquaintance with any one at Rush
- * Change in financial situation.

The greater the number of items which characterize this period, the greater the anxiety you probably felt.

Achievement emphasis. Unless you are a genius, professional/graduate school will evoke achievement anxiety from time to time. You may experience this as the Peter Principle, deciding that you have finally

reached the level of your incompetence. Or you may exemplify the imposter phenomenon: you have managed to fool your teachers and admissions committees so far but you're about to be exposed for the know-nothing you really are. It is small comfort when that rare classmate acknowledges his or her insecurity or test failure because you're quite sure that all the folks who say nothing are achieving academic stardom. Not true, of course; they think you're doing well and they hope you don't discover their ineptitude.

Social relationships. Here you are again among a group of strangers when what you want more than anything is a friend. Your past experience gives you a clue as to how easy or difficult making friends will be. However, even if it has been difficult in the past, you are in a good position to succeed now because of the professional school structure. That is, you will be in intense contact with at least a small group of other students in clinical or laboratory situations and the Lifeboat mentality (we're all in this risky situation together) will take over. Research indicates that the degree of loneliness students feel is related to the degree of self-disclosure they make, so take a lesson from this and let others get to know you (even if *you* think you are dull and uninteresting). Unless you are romantically attached already, you may be seeking a lover as well as a friend. Here too your past experience will guide your expectations.

The transition to professional and/or graduate school is a transition,

however, which by definition means it is time-limited. Most of the time, growing familiarity with these different situations leads to a reduction in anxiety. What do you do if the anxiety continues or increases? How do you decide if your anxiety is severe enough to warrant professional attention? What follows is a brief description of two types of anxiety disorders which may help you assess your own anxiety if and when it seems more serious than in those examples described above.

There are two general categories of anxiety which require professional intervention. First there are the anxiety states, the most frightening of which is the panic attack; this is defined as a recurrent anxiety attack that occurs unpredictably. Symptoms of panic attacks include fear of dying and/or losing control and a number of physical symptoms such as dyspnea, palpitations, sweating, shaking, dizziness, a choking or smothering sensation, etc. These attacks usually last for minutes rather than hours.

The other category is the phobias, of which agoraphobia has received the most attention in recent years. Phobias are persistent and irrational fears of specific objects, activities or situations that result in a compelling desire to avoid the dreaded object, activity or situation. Agoraphobia is the marked fear of being alone or being in public places from which escape might be difficult or help not

(cont'd on p. 5)

Student Counseling Center
(cont'd from p. 4)

available in case of sudden incapacitation. This definition contains the symptoms of agoraphobia.

The treatment for phobias and anxiety states follows from a careful behavioral assessment of the problem which focuses on the relationship between the presenting symptoms or problems and the contexts in which they occur. One behavior therapist suggests an A-B-C mnemonic for this behavioral analysis; try it yourself.

(A) *Antecedents* are any stimuli that precede occurrence of the target behavior; they can be feelings, interpersonal events, thoughts, behaviors, etc. What factors seem to precipitate my anxiety? "They're giving me so much work that I can't possibly do it all, so I'll probably flunk out."

(B) *Behaviors* are the overt and covert activities and experiences (thoughts, feelings, images and interpersonal responses) that make up human behavior. How do I experience and express my anxiety? "I'm feeling so tense I can't sit still, I can't sleep and I'm talking about this to everyone I meet."

(C) *Consequences* are what happens after the symptomatic behavior occurs. What are the results of my anxious behavior? "As a result, I'm not able to study as I need to and I'm making myself more anxious by talking about it all the time."

It is natural for someone suffering from acute anxiety to attempt to cope by avoidance; this can range from staying away from school to using drugs regularly to take the edge off the anxiety. However, these efforts are rarely successful, and in fact the basis of all behavioral approaches to treating anxiety is exposure to the

anxiety-provoking stimulus. This may be done *in vivo* (e.g., the agoraphobic leaving the house in the company of a friend or even a therapist) or through desensitization (e.g., the panic attack sufferer goes through a series of mental images of the fearful situation). In every case, the anxious person is helped to confront the object of fear so that the tension will eventually be extinguished. Medication is sometimes used in conjunction with the behavior therapy but there is no substitute for the process of careful exposure to the source of the anxiety.

A critical element in anxiety is a feeling that you are out of control, that you are alone with these terrible thoughts and feelings. I hope this discussion has informed you that much of the anxiety you experience, especially during your first days and weeks at Rush, is felt by nearly everyone. You were good enough to get here and you will be good enough to stay.

Eagle River, Wisconsin Survived!



Several Rush University Board members spent a weekend this past summer in Eagle River, Wisconsin, planning the schedule of student activities for the new school year. We are proud to announce that the small resort town survived this wild bunch of students from the big city who took

over the pool tables and dominated the dance floor. Needless to say, when the weekend was all over, a great schedule of student activities was created.

Some of the brainstorming ideas for this year were the purchase of a large screen T.V. for the student lounge, a pajama party, a late night T.G.I.F. and the earth shattering notion of putting the new activities schedule on mugs to distribute at the first T.G.I.F. Mixed in with all this heavy scheduling was some intense volleyball, eating, swimming, eating, Frisbee, eating and boating.

The Rush University Board meets every second Wednesday at 5 p.m. throughout the year. If you consider yourself a creative person with a desire to meet new people, get involved and have a say in the type of activities that go on at Rush, then "This Board's For You". Any student interested in getting involved with the Rush University Board should contact Paula Smith or Jim Waite in the Student Affairs Office at x26302 or sign-up at the Organization Fair T.G.I.F. on Friday, September 16th. Enjoy your year at Rush and enjoy the activities.

On-Campus Alcohol Policy

Alcoholic beverages are allowed only in Schweppe-Sprague Hall in the auditorium, the Student Lounge and on the patio outside the Lounge. Alcohol is not permitted in any other buildings within the Medical Center.

In addition, only beer and wine are permitted at on-campus parties. Any hard liquor will be confiscated.

Questions concerning this policy should be directed to the Office of Student Affairs, x26302.

"Client Centeredness" at the Library of Rush Univesity

Last spring, two of the reference librarians gave a presentation to the Illinois Library Association about "Client Centered Instruction at the Library of Rush University." We would now like to share with our "clients" just what client centeredness means for you!

The paper was specifically about instructional activities of the reference staff, but the concept of client centeredness extends to all the services offered by the Library. Client centeredness means we want to offer the kinds of services that meet your needs. We are also open to suggestions for changes that will enhance these services.

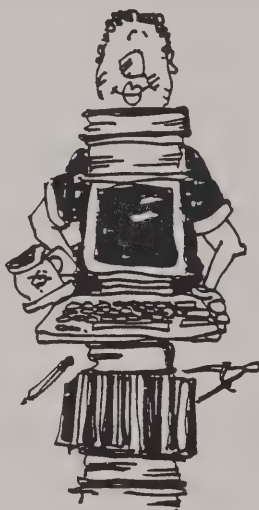
When you need to check out materials, assistance with the photocopyers or help in locating something that is missing from the shelf, the circulation staff can help.

When you need help using the Library (finding a specific piece of information, doing a research paper or preparing your dissertation topic), the reference staff can assist you. The reference staff can also teach you how to use the Library's computerized catalog (LIS) and MiniMEDLINE. If you cannot come by during regular reference hours, we can make an appointment with you.

Interlibrary Loan helps when materials you need are not owned by Rush or are missing. Borrowing these items from other libraries sometimes takes a while. Be sure to give Interlibrary Loan as much lead time as possible. If you do have an urgent need, please check with us. We will do our best to meet your needs whenever possible.

Client centeredness means we want to get feedback from you, too. The development of our collection depends on this feedback. If you think the Library should purchase a particular book or journal, please come by or call. If you think we need to expand a particular subject area, please let us know.

Client centeredness means we want to hear from you. Whenever the Library is not meeting your needs, we would like to know. However, feel free to let us hear the compliments as well!



More Microcomputer Fun in the Library

The Library has recently added another microcomputer for patron use located near the Reference Desk on the fifth floor. The two workstations give students, faculty and employees access to some very powerful tools utilizing the latest technology. This technology includes accessing databases via CD-ROM and telecommunications soft-

ware packages. These microcomputers are easy to use and require only a few minutes of instruction for the beginner.

You can find references to journal articles in a number of databases. Some of these databases are available at no charge to the user. For others, there is a charge depending on the amount of time needed to complete the search and how many references are displayed.

The FREE databases include the following:

- * all Dissertation Abstracts (from 1861 through 1987!)
- * PsycLIT (Psychological Abstracts, 1974-1988)
- * access to other library catalogs (Northwestern University, University of Illinois and others)

Access to the following databases are available for the cost of the search:

- * complete, full MEDLINE (MaxiMEDLINE as opposed to MiniMEDLINE, which is free and available from LIS terminals)
- * Physician's Data Query from the National Cancer Institute (PDQ, for short). This includes information on the latest experimental protocols for cancer treatment and current state-of-the-art treatment for specific cancers.

Hundreds of other databases are also available for retrieving information ranging from AIDS research to veterinary medicine. Feel free to stop by the Reference Desk for information about databases or for assistance in using the microcomputer workstations.

Study Skills

by Michael J. Harris, Ph.D.
Director of the Academic Skills Center

Student/Teacher Communication in Clinical Settings

Suggested by Karl Rogers, M.D., Rush '87

A valuable skill and an important requisite to success for the health professions student is the ability to communicate verbally, nonverbally and in writing with the clinical supervisor as the student is learning on a service.

A key issue is the student's degree of comfort with and mastery of relevant terminology. Another is skill at using technical language appropriately when writing for or conversing with a clinical supervisor. A third, related ability concerns the student's facility to appropriately communicate with patients, patients' families and health care facility staff.

A common error students make is to simply memorize terms without considering how to use them in contexts outside the quarterly examination. Communication becomes problematic if one of the parties in the transaction does not know how to relate what he or she has memorized to the larger world.

An early student role in the developing effective communication in clinical settings is that of listener. The example given by competent teacher/communicators in labs, on the floors and in the surgical theater can provide a model for good communication behavior for a student.

Good written communication is a necessity as well. Since students are expected to make chart entries, record critical laboratory data and, occasionally, prepare cases for oral presentation or for health professions journals, learning acceptable and effective methods for getting

thoughts on paper makes sense. By reading well-written case reports in magazines such as *American Journal of Occupational Therapy*, *American Journal of Nursing*, *Journal of Medical Technology*, *New England Journal of Medicine* and others, the student can develop an appreciation for good writing styles which he or she may then emulate.

Student/teacher communication in the clinical setting can be positively enhanced by the instructor if it is presented in a constructive, nonhazarding manner. Sometimes, because of the pressure of the situation, because of the personalities of the communicators or because of the teacher's imperfect communication skills, the student comes away from a communications encounter feeling battered and with negative feelings about the communications process. If all parties concerned in such transactions keep good awareness and remember to be sensitive to the abilities and needs of the other, good communication can be achieved.

An important outcome of the development of good communication skills is a sounder grounding in the student's technical field. Some additional benefits are saving time, more efficient delivery of health care, enhancement of learning and teaching, and increasing the communicator's professional confidence and competence.

Finally, part of the communication process is about nonverbal exchanges. Body language and voice intonation can convey messages just as powerful as those delivered by words. Both sender and receiver in a communication transaction must be alert to these high impact cues.

Let's Get in Shape!

Exercising is easy at Rush given the many opportunities available to our students. So get out of that overstuffed chair and start burning off that excess weight. The only person going to stop you is yourself.



The jogging track at the corner of Ashland and Harrison is a great place to start. The track, which circles four tennis courts, is an excellent place to warm up for a challenging game of tennis. The Parcourse Fitness Cluster, located between the Professional Building and McCormick House, has four individual modules for stretching and strengthening major muscle groups.

If aerobics is your bag, then attend one of the following:

- *The Mind/Body Connection*, run by Rush students Teresa Sestak and Liz Culhane, meets Mon., Wed. and Fri., at 5:15 p.m. and on Tues. and Thurs. at 8:00 p.m. Tokens can be purchased in the Office of Student Affairs for \$2 per class or \$35 for a 20-session pass.

- *Abell Bodies*, run by Chris Abell, meets at 5:30 p.m. Mon. - Fri. in the basement of the Laurance Armour Day Care Center. The cost is \$2.50 per class, or a ten-session pass can be purchased for \$22.50.

- Employee Health Services (x25309) offers *Beginning Slimnastics* four days a week at noon in the Schweppe Auditorium. Classes begin late September for a fee of \$20.

Rush Intramural Flag Football season starts on September 24 in Arrigo Park. Details will appear

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ENTERTAINMENT

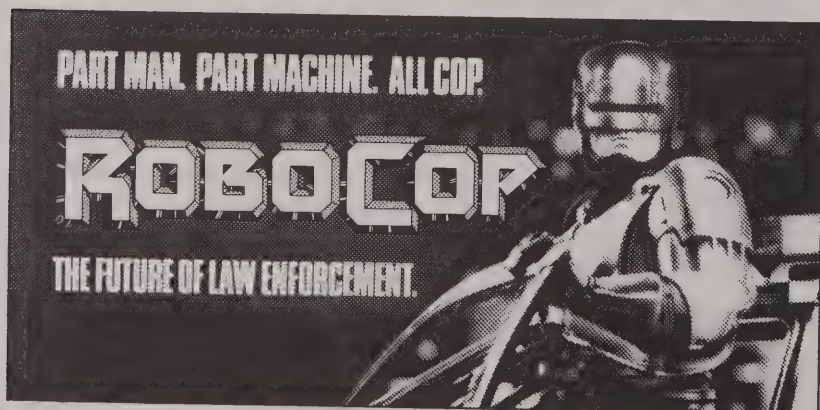
Organization Fair T.G.I.F. & Robocop!

"Let's Get Involved" is the idea behind this year's first T.G.I.F. scheduled for Friday, September 16, from 4 - 7 p.m. on the Schweppe-Sprague Patio. In case of the rare occurrence of rain this summer, the festivities will be moved into the Schweppe Auditorium.

Several student organization representatives will be setting up booths, distributing information and answering questions concerning membership to their organization. Membership in organizations at Rush offers students the ability to develop leadership skills, meet new people and stay up to date on current issues and trends facing the health profession. We encourage all students to get involved in one or all of these organizations. Remember, there is more to Rush than what is taught in the classroom.

Our sponsors, the Rush Medical College Alumni Association, will be serving up some cold beverages to all who attend. We are looking forward to having some of their members join us and we appreciate their assistance. Be sure to bring some form of identification stating your birth and come dressed to play some volleyball and catch some Frisbee.

When the sun goes down, blankets come out, as the Schweppe Lawn turns into a portable drive-in for the movie **ROBOCOP**. This action-packed, incredible special effects motion picture stars Peter Weller as part man, part machine who is programmed to stop at nothing to bring law and order to the crime-infested streets of Detroit. You don't want to miss this one! Popcorn is provided. All students, faculty and alumni are welcome to attend.



Finally, Life Is Returning To Rush

by Johnny Nightlife

Hi, everyone. My name is Johnny Nightlife and I have the fortunate opportunity to report what is happening each month on the social scene behind the "concrete covered walls" of Rush University. First of all, I would like to welcome all new and returning students back from what many considered a long, hot and boring summer. If you are anything like me, and I know you are, then you probably want to know what to do for fun in this exciting town. Below are some survival tips that will give you the courage to make it though those endless hours of lecture:

Octoberfest '88 - September 14-17-
Adams Street between State and
Dearborn

*Chicago New Art Forms
Exposition* - September 23-26 -
Navy Pier

Carriage Rides - Chicago Carriage
Company - (Water Tower area)

Ninty-Fifth Floor (for drinks with a
view) - John Hancock Center

Buckingham Fountain (lights out
at 10 p.m.) - Grant Park at Con-
gress

Chicago Cubs (bleacher seats) -
Wrigley Field, Clark and Addison

Cultural Bus Tours (start at the Art
Institute) - Sundays, 10:30 a.m.-
4:55 p.m.

See ya next month!

ENTERTAINMENT

Far Out!

Groovey!

Dig out that Nehru jacket and polish those go-go boots 'cause it's time for that blast from the past, the 60's Party! It's mod. It's hip. It's peace, love and flower power reincarnated.

Those gurus of fun, the Rush University Board, sock it to you with this happening on Friday, September 30, at the Schweppe A-GO-GO beginning at 8:30 p.m. Oh, sure! There will be beverages and munchies, but there will also be a DJ, so you can practice your skate, the monkey, the mashed potato, the jerk, the twist and, of course, the watusi.

So shine up those lovebeads and sew some new patches on your jeans and get ready. If you need any helpful 60's attire hints, check with Student Affairs.

Peace.

Chicago Symphony Orchestra

Once again the Chicago Symphony Orchestra will be offering the student subscription rate. Four different series of three concerts on Tuesday evenings will be offered. The subscription ticket sale offering half prices is scheduled for Saturday, October 15, at Orchestra Hall.

Watch bulletin boards and the *October Reporter* for specific information.



What They're Reading On College Campuses

1. *Something Under the Bed Is Drooling*,
by Bill Watterson
2. *Presumed Innocent*,
by Scott Turow
3. *The Closing of the American Mind*,
by Allan Bloom
4. *Cultural Literacy*,
by E. D. Hirsch, Jr.
5. *A Brief History of Time*,
by Stephen W. Hawking
6. *Misery*,
by Stephen King
7. *Love, Medicine, & Miracles*,
by Bernie S. Siegel
8. *The Power of Myth*,
by Joseph Campbell with Bill Moyers
9. *Love in the Time of Cholera*,
by Gabriel Garcia Marquez
10. *Calvin and Hobbes*,
by Bill Watterson

Get in Shape

(cont'd from p. 7)

soon in your mailbox. Teams can sign up in the Office of Student Affairs or by contacting Greg Konrath, M2. Recreational equipment, such as volleyball and nets, softballs, footballs and Frisbees, are available for you to check out. A \$10 refundable deposit is required for checking equipment out overnight.

Rush University students are also able to participate in various leagues sponsored by the Medical Center. Sports offered in the past have included basketball, bowling and softball. For more information contact Mike Coleman in Employee Relations, x25959.

Finally, all Rush students have the option of joining the recreation facilities at University of Illinois Chicago Circle Center and the Chicago Illini Union. Both recreation centers have swimming pools, weight rooms and racquetball courts. Students who join the Circle Center (750 S. Halsted) can purchase a \$30 quarterly pass and then present the pass to the Office of Student Affairs for a \$10 rebate. Students who wish to join the Illini Union can pay a single admission fee of \$2.75 for each visit or purchase a quarterly pass for \$40 and also receive a \$10 refund. Students who join the Illini Union are restricted to using the facilities at nonpeak times.

For more information on any of the recreation opportunities listed above, pick up a student recreation guide from the Office of Student Affairs.



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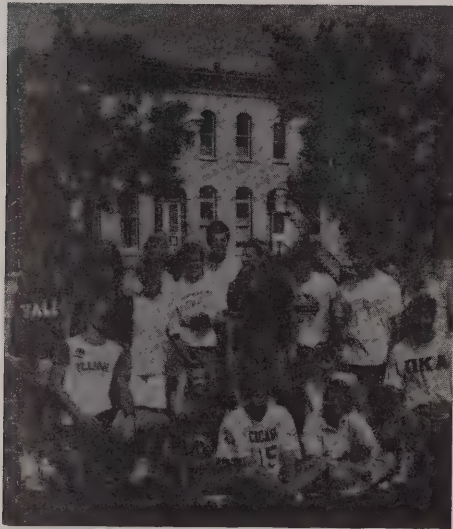
RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

VOLUME XII, NUMBER 2

OCTOBER, 1988

M2's Dominate



The M2's remain undefeated as they clearly beat the M1's in a stunning 19 - 7 flag football victory at Arrigo Park, Saturday, September 17th. "Interception" was the word of the day as the ball kept changing hands every time this reporter looked up. The weather was hot, the beer was cold, and most importantly, fun was had by all. The M1's had better start regrouping for next year!

Don't forget that the R.U. Intramural Football League is in full swing and can be seen every Saturday at Arrigo Park located just east of the Medical Center on Lexington Street. Be sure to stop by and cheer on your favorite team.

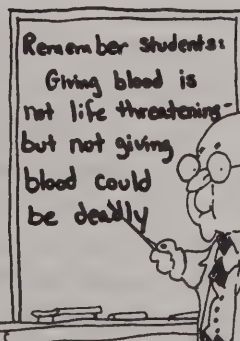
Save a Life - Give Blood

As future health care professionals you will often be asked to give the gift of yourself: your time, your knowledge, your experience. You can give something more--a gift so unselfishly given. You can donate your blood.

The Medical Center needs a lot of blood for patients and research. There is always a shortage. That's why we're having a blood drive on Wednesday, October 12. But the key

ingredient in the solution is you. You can't count on your classmates to give in your stead. So lay down and be counted.

Giving blood is not life-threatening to donors. Not giving is deadly to accident victims, surgical patients and those suffering from blood disorders. Do something positive for others and feel good about yourself. Give blood on Wednesday from 3 to 6 p.m. in the MDL's on the 7th floor Ac Fac. You'll be glad you did.



Writers Wanted

The Office of Student Affairs is looking for students, faculty, and staff, to contribute articles to be printed in each issue of the *Rush Reporter*.

How about submitting an article on a topic of interest to the student body? Or write some witty piece of fiction or poetry? You don't have to give a year-long commitment.

If interested, please contact Paula or Jim in the Office of Student Affairs, 023 Schweppe, x26302.

Rush Job Guide

Students interested in a job can obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list positions.

Accounting - Cashier. Clerical, must operate 10-key calculator. \$5.50/hr. 15-20 hrs/wk. College Work Study. Contact Jack Brown, x25606.

Bookstore - Assistant. Price books, stock shelves. \$5.50/hr. 10 hrs/wk. College Work Study. Contact Paola DiDomenico, x26615.

Financial Aid - Assistant. Clerical. \$5.50/hr. Hours vary. College Work Study. Contact Cecelia Corey, x26256.

Learning Resource Center - Circulation Clerk. General clerical, light typing. \$5.50/hr. Evening and weekend hours. College Work Study. Contact Carol Covey, x26799.

Library - Assistant. Clerical, light typing. \$5.50/hr. Hours vary. College Work Study. Contact Maggie Marshall, x22274.

Neurological Sciences - Office Aide. Clerical, light typing. Salary negotiable. Up to 20 hrs/wk. College Work Study. Contact Joan Lechnerer, x28808.

Nursing Scholarship Offered

The Gottlieb Memorial Hospital Auxiliary is sponsoring a scholarship to attract senior nursing students to employment at Gottlieb Hospital. The hospital is located at 701 W. North Avenue in Melrose Park, Illinois. The scholarship program will provide a financial award to qualified students for the last quarter of their nursing education.

Eligibility for the scholarship is based on a B (3.0) average or better in college courses, good references, a written essay and an agreement to work full time for one year following graduation.

The application deadline is November 1, 1988. Further information and the application materials are available from the Office of Financial Aid in 101 Schweppe.

S.O.S. (Support for nontraditional-age Older Students)

Some students have expressed interest in forming a support group for the more mature. Balancing academics, career, home and family schedules can be challenging to say the least and not necessarily concerns of a specific age group. If you are a not-the-traditional-age student or feel like one, please consider joining with others (yes, there are other Rush students) who have similar concerns. This group will be what we need it to be. If we need time to commiserate together, socialize or have an expert suggest ways to cope with dual roles as student and adult, we will. Contact Mary Ann Moran in Student Affairs, 023 Schweppe, 942-6302, for information.

Let's Get Involved

Most employers realize that school exists to challenge a student's abilities, both intellectually and socially, while preparing them for the real "working" world. There is no better way to get more out of your education than to become actively involved in one of the many student organizations on our campus.

A major mission of the Office of Student Affairs is to encourage and support student involvement in organizations. If you were unable to attend last month's Organization's Fair T.G.I.F. and would like additional information on the different clubs and organizations Rush has to offer, please stop by the Office of Student Affairs (023 Schweppe) and

pick up a copy of the 1988-89 Student Organization Catalogue. This catalogue lists and describes several of the recognized organizations that exist at Rush.

Experience in clubs and organizations will help you become a more well-rounded person and give you that special edge to be a success in your chosen profession. If you are interested in starting a new student organization on campus, please see Paula Smith or Jim Waite in Student Affairs for information on recognition procedures. The Student Affairs staff supports and encourages student organizations. Remember, there is more to school than the classroom. It is up to you to get involved!

**Don't Worry,
Be Happy!**

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Incest, alcohol and drug abuse, marital breakdown, rape, eating disorders, abortion, questions of sexual preference, severe family conflict, psychosis. These are topics discussed in your behavioral science courses, in TV movies, in magazine articles. They are also problems experienced by Rush students.

Consider these questions with respect to friends who are also schoolmates at Rush. How compassionate do you feel when you learn that a valued friend in your class maintains her weight by purging herself daily? How understanding are you when you discover that a classmate you respect regularly comes to class high? How helpful do you feel when a classmate friend tells you she wants out of a relationship with a man who's abusing her but that she's too fearful to do so? How easily can you listen to the story of a friend who's been raped? How willing are you to listen to a friend's expression of confusion about how to tell his parents that he's gay? How do you feel about a friend after she's told you that her father had sex with her from the time she was 10 until she left home at 16? How do you regard a classmate who tells you he was hospitalized for depression a year ago? How do you respond to a friend who asks you to come with her when she has an abortion?

Which of these issues seems most alien to you? Which are you sure would never happen to you? Which of the issues seems so resistant to change that you feel it's reasonable to be pessimistic? Do you believe

that some of these issues are clearly a matter of victimization (e.g., rape, incest, battery)? Do you think that any of these issues disqualify a person from joining your profession? Why? How do you see these issues affecting the person's ability to provide professional service? Could you tolerate certain of these difficulties in your patients but not in your colleagues? What is the difference?

Some of you will respond, "Yes, of course, we at Rush are represented here. Being smart and highly educated doesn't give us immunity, nor does becoming a health professional spare us from suffering the same pains as those we seek to serve." Some of you will feel differently: "Some of these problems aren't so bad but I believe that people with a (your choice) problem don't belong in positions where they work with patients. If they're that screwed up, they shouldn't be in the profession."

Our values enter in here and we move into the area of morality. Moral development in men and women has been studied in recent years by Carol Gilligan, a Harvard psychologist. In part, this research is conducted by studying the responses of subjects to a series of moral dilemmas. Here is a dilemma frequently used in moral development research:

Heinz, a poor man whose wife is dying, begs a pharmacist to give him the expensive drug which will save her life. Because Heinz cannot pay, the pharmacist refuses. Should Heinz steal the drug? Explain your answer.

After posing moral dilemmas to children and young adults of both sexes, Gilligan theorized that females and males make moral decisions differently. She reported that males responded to moral dilemmas with rules and principles: "I wouldn't do that because it wouldn't be right; that's not the way things should be done." Females, on the other hand, reacted by emphasizing the feelings of the person(s) involved and the connectedness between people. "I wouldn't do that because someone might be hurt; it might affect someone's life badly." The rules versus feelings dichotomy held up across a number of Gilligan's studies. Other investigators have questioned her results and her studies are being replicated. We do not know yet if her findings will be repeated. Does this dichotomy hold up for you based solely on your gender or are there other considerations? Do you apply the rules perspective to all, some or any of the problems described above? Do rules apply to some and concern for feelings to others? If you can imagine both kinds of responses to these situations, which feels better to you?

There is still a strong stigma about psychological issues among many students and practitioners in the health professions. I remember the nursing student who announced that she couldn't have any problems because she had to be the caretaker. I recall the story of the seriously depressed resident who insisted that he

(continued on p. 4)

(continued from p. 3)

would rather die than see a psychiatrist. What do these statements say about the vise in which these individuals are locked by their beliefs that only the weak or the crazy seek help and that seeking help is evidence that they are weak or crazy? This kind of either-or, black-or-white thinking does not serve helpers well. Why can we not see emotional pain and its manifestations as existing on a continuum along which each of us moves as life goes along?

By thinking through our values, by examining even those attitudes we dislike in ourselves and by remembering that we do not live in glass houses, we can perhaps be of greater help to our colleagues and friends who often suffer alone.

MLRC Film Series

The McCormick Learning Resource Center will sponsor a showing of the film *Quality of Mercy* on Monday, October 10, 1988, from noon to 1 p.m. in room 540 of the Academic Facility.

This film examines pain, pain management and mismanagement using actual case studies concerning neonatal surgery, burn and cancer care. The attitudes of caregivers toward narcotics are examined, and research is presented that supports the use of more and better analgesics in the management of pain. This film was awarded first place in the 1988 American Journal of Nursing Media Festival.

All Rush students, faculty and staff are invited to attend this free showing.

Chicago Symphony



Once again a student subscription series is available for the Chicago Symphony Orchestra. Four different series of three concerts each are offered and range in price from \$18 to \$56.

Tickets can be purchased in person at Orchestra Hall on Saturday, October 15, from 10 a.m. to 2 p.m. Students may also order tickets by mail. For order blanks or more information on conductors and programs stop by the Student Lounge.



Rush University Board members Monique Maly, Peter Stoyanoff, Mike Kryza, DeDe Becoat, Jim Bryan and John Wlodarski show off their legs and the new line of Rush University apparel available for sale in the Rush Bookstore.

Bookstore News

Sweatshirts, T-shirts, Jackets and aprons are now available at the Rush University Bookstore. Stop in today and see our full line of great clothing designed exclusively for Rush University.

Desirae Heil, Manager
Rush Bookstore
Paula Smith, Photographer
Director, Student Affairs

Study Skills

by Michael J. Harris, Ph.D.
Director of the Academic Skills Center

The Writing-Learner Writing-Thinking Connection

Reflections on "The Shortest Distance to Learning: A Guidebook to Writing Across the Curriculum"

JoAn McGuire Simmons, editor

Los Angeles Community College District and the University of California, Los Angeles, 1983

One reason why students at any level in the educational process should write is that writing makes learning an active process. When you are actively involved in the learning process, you originate, synthesize and produce. You reinforce what you are learning by using more than one sensory input—most often the passive process of listening—including the kinesthetic sense in the physical act of writing, the visual sense in creating the graphic record and listening to the "inner voice" of the subconscious.

A key connection between writing and learning is that you gain unique access to your previous knowledge and experiences. Writing calls forth, as does no other tool of learning, what you have already stored in your brain. It may be likened to a mining operation where ore is processed to retrieve valuable, precious metals. Writing reveals to you what you know and what you still have to learn about a subject.

The process of writing allows you to break down new or difficult concepts into more easily handled components. Putting your thoughts about new material into your own words makes it easier to connect with what you already know. Writing can improve your comprehension by prompting more careful reading of text materials and by raising your awareness of a process or a definition about which you write.

Writing helps you as a thinker to capture those fleeting ideas on paper so that you may later build on them. You can explore the idea, see its implications and possibilities,

test its reality and value and use it as a bridge to other thoughts or to build a conceptual structure. Writing has been called a way of thinking.

Writing is used to define, to compare and contrast, to problem-solve, to classify, to examine cause and effect, to summarize, to analyze and to persuade. It is an information handling technique which will help you in all aspects of your professional and academic life.

Cooper (1980) claims that writing is essential to the scientific method—until an observation or hypothesis is written, it cannot be examined—and, thus, to the learning of science.

Dr. Stephen Krashen (1984) has found that a student's fluency with language is better if he/she has done a lot of pleasure reading earlier in life. In the process, the person has subconsciously acquired the language patterns necessary for putting down the "right" next word. One of the real tragedies of our time is our failure to recognize the value of written expression and to keep our writing skills sharp after that freshman year composition course. Mina Shaughnessy (1977) compares a typical British high school student writing 1000 words per week to an American counterpart who may write 350 words or less per week.

It is no wonder that many students abhor writing. The reasons are many, but among them may be an unpleasant experience in early writing endeavors, insecurity about grammar, vocabulary or knowledge base.

One way to reduce or eliminate negative feelings about writing (and the often attendant behavior to avoid it) and bypass writer's anxiety is to keep a learning log.

A learning log is an ungraded, semiprivate journal in which you can write freely without being concerned about the conventions expected in more formal, public writing. If you use a section of the paper on which you keep class notes to jot down your reactions, comments and syntheses, a number of important thinking and learning operations occur. You generalize, summarize and critique what you have read or heard in your own words. This enrichment of "formal" notes has the added benefit of being an instrument for review and exam preparation.

The remedy to writer's anxiety, even in senior college or professional school, involves a two-pronged approach. Instructors must assign more writing (even if this means that they have more reading of essays and reports). Students must take the time to read beyond the requirements of their classes (do more pleasure reading in as much variety as they are comfortable with) and must develop or revive skills as note-augmenters and kinesthetic learners.

The outcome can and should be greater enjoyment by both student and teacher of the learning process, improved academic performance by the student and, in the long run, greater productivity and efficiency in education and in the work place.

References

- Cooper, C. 1980. "Why Write?" Summary of an address to an Asilomar Conference on Staff Development and California Writing Projects.
- Krashen, S. 1984. Writing: Research, Theory and Application. Elmsford, NY: Pergamon.
- Shaughnessy, M. P. 1977. Errors and Expectations: A Guide for the Teacher of Basic Writing. New York: Oxford University Press.



ENTERTAINMENT

The Hot Dance Clubs

by Johnny Nightlife

Hi, everyone! I'm back to fill you all in on what I consider to be the best dancin' clubs on the northside of Chicago. The list was so long that I was forced to narrow it down to the top ten. I highly recommend that you take a Friday or Saturday night off soon and take in one of these hot spots:

- * Esoteria (2247 N. Lincoln)
- * Limelight (632 N. Dearborn)
- * Club Land (3145 N. Sheffield)
- * Cabaret Metro/Smart Bar (3730 N. Clark)
- * Avalon (959 W. Belmont)
- * 950 Club (950 W. Wrightwood)
- * Neo (2350 N. Clark)
- * Exit (1653 N. Wells)
- * Park West (322 W. Armitage)
- * Schweppe Haunted House/ October 28 (1743 W. Harrison)

Mad Pumpkin Ball

The time has finally come to wear that costume you've been contemplating all year. Yes, folks, the Mad Pumpkin Ball comes to your favorite haunt, the Schweppe Auditorium, on Friday, October 28th. The festivities begin around 8:30 p.m. and will continue to the bewitching hour (1 a.m. to be exact). The Rush University Board has been brainstorming all month to come up with some party ideas that promise to make this year's Mad Pumpkin Ball the best ever.

All boys and ghouls are encouraged to come dressed in their most outrageous, scariest or funniest costume. Great prizes will be awarded to those with the best costumes. Refreshments, snacks and dance music will be provided so be sure to be present on the 28th. You never know who might be stalking you if you don't come!

Video Night



Angel Heart

FRIDAY, OCTOBER 14
Student Lounge 7 p.m.
Rated R

Black magic, mystery, and stark, relentless horror are combined in this stylish thriller, the most controversial and talked-about film of the year. Mickey Rourke is riveting as a seedy Gotham gumshoe who is thrust into a nightmarish world of unholy religion and gruesome murder when he is hired to track down a former big band crooner. Robert De Niro, in a memorable cameo performance, is absolutely chilling as Rourke's sinister employer. The *Cosby Show*'s Lisa Bonet makes a stunning film debut as the enigmatic backwoods girl who holds a key to the mystery. Director Alan Parker explores the dark side of human nature in this magnificently crafted movie. *Angel Heart* has a raw, intense energy that will keep on the edge of your seat right up to the last shocking moment!



ENTERTAINMENT

Now Showing: *Rockworld*

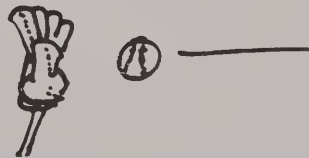


Rockworld, a two-hour video entertainment program very similar to MTV, is now being shown on the BIG SCREEN in the Student Lounge. Each week there will be a new tape consisting of 12 to 15 of the latest music videos and entertainment segments such as campus news, comedians, health, top 10 videos, movie and home video reviews, and fashion.

You can see Rockworld from 4 to 6 p.m. Monday through Thursday and from 3 to 5 p.m. on Friday. In addition, if you need a break any other time during the day or evening and wish to escape to videos, stop by and someone will be happy to pop it into the VCR for you.

CUBS
BEARS
BULLS
BLACK HAWKS
WHITE SOX
STING
ETC...

SPORTS T.G.I.F.



Hey, sports fans! Don't miss the next T.G.I.F. scheduled for Friday, October 7, from 4 to 7 p.m. in your favorite arena, the Schweppe Auditorium. You guessed it. It's the "SPORTS" theme T.G.I.F., so come with the name of your favorite athletic team emblazoned across your chest or on your head.

The referees for this event will be your friends from Student Services, you know...the people who never got out of college.

Be a team player at T.G.I.F.!

What They're Reading on College Campuses

1. *Night of the Crash-Test Dummies*, by Gary Larson
2. *The Power of Myth*, by Joseph Campbell with Bill Moyer
3. *Patriot Games*, by Tom Clancy
4. *Something under the Bed is Drolling*, by Bill Watterson
5. *The Cardinal of the Kremlin*, by Tom Clancy
6. *Cultural Literacy*, by E.D. Hirsch, Jr.
7. *The Road Less Traveled*, by M. Scott Peck
8. *The Closing of the American Mind*, by Allan Bloom
9. *Love, Medicine & Miracles*, by Bernie S. Siegel
10. *Spycatcher*, by Peter Wright with Paul Greengrass

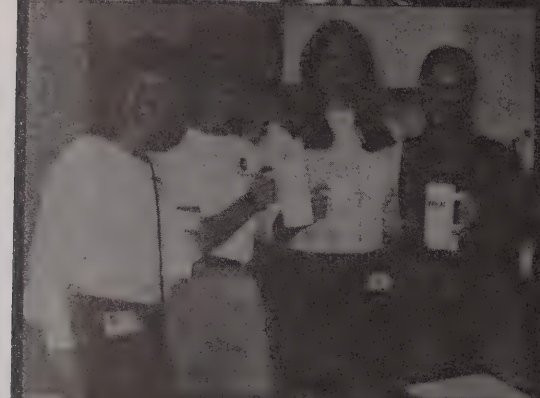
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STUDENT AFFAIRS LOUNGE

IS NOW OPEN FOR ALL BEARS
AND MONDAY NIGHT FOOTBALL GAMES

Student Activities to look
forward to in Nov. & Dec.

- Nov. 4 - Fatal Attraction
- Nov. 11 - Pajama Party
- Nov. 16 - National Sweet Tooth Day
- Dec. 2 - Late night Christmas TGIF
- Dec. 9 - Hairspray



R
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SMILES

RUSH REPORTER

PUBLISHED BY RUSH UNIVERSITY OFFICE OF STUDENT AFFAIRS

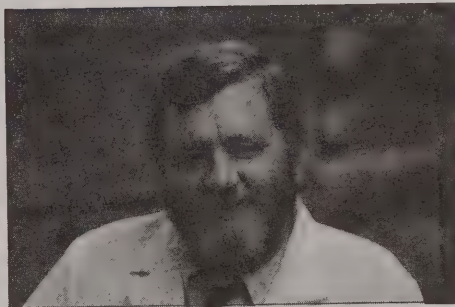
VOLUME XII, NUMBER 3

NOVEMBER, 1988

Medical Student Government Elections November 8

Just a short reminder that the upcoming student government elections for the Medical School will take place on Tuesday, November 8th. Students wishing to run for a specific committee are asked to nominate themselves by Friday, November 4th, on the Student Affairs bulletin board in the mailroom on 7 Ac Fac. Along with your nomination, we ask that you turn in a short platform statement to the Student Affairs Office stating why your classmates should vote for you. The platform statements will be attached to the election ballot and distributed through student mailboxes on November 8th.

"The Human Encounter in Medicine" To Open the 1988-89 Humanities in Medicine Lecture Series



Dr. John Stone, Professor of Medicine (Cardiology) and Associate Dean and Director of Admissions for Emory University School of Medicine, will open the 1988-89 Humanities in Medicine lecture series. His subject is "The Human Encounter in Medicine."

Along with his extensive medical writings and editing which includes "Principles and Practice of Emer-

gency Medicine," he has published three books of poetry. *Renaming the Streets* (Louisiana University Press) received the coveted literature award from the Mississippi Institute of Arts and Letters.

Dr. Stone, a popular lecturer, has taught courses on Literature and Medicine at Oxford University, England. He is a regular contributor to the "Body and Mind" section in *The New York Times Magazine*.

This lecture with slides will be Monday, November 14, 1988, from noon to 1 p.m. in the South Lecture Hall, Academic Facility, Rush University.

For further information, please contact Prof. D. Vidaver, x22063.

Sweet Tooth Day



DOES YOUR TUMMY GOT THE GRUMBLIES? DOES YOUR SWEET TOOTH NEED A FIX?

Yes, folks, it's time for that annual extravaganza which makes elastic waistbands a must: Sweet Tooth Day!

On Wednesday, November 16, all students are invited to partake of delectable delights from Lutz's Bakery: tortes, tarts, puffs, horns, chocolate, cream and more! So bring your lunch if you'd like or just join in for the dessert at noon in the Auditorium.



Rush Job Guide

Students interested in a job can obtain employment forms from the Office of Student Financial Aid in 101 Schweppe. Employers may contact the office (x26256) to list positions.

Accounting - Cashier. Clerical, must operate 10-key calculator. \$5.50/hr. 15-20 hrs/wk. College Work Study. Contact Jack Brown, x25606.

Financial Aid - Assistant. Clerical. \$5.50/hr. Hours vary. College Work Study. Contact Cecelia Corey, x26256.

Learning Resource Center - Circulation clerk. General clerical, light typing. \$5.50/hr. Evening and weekend hours. College Work Study. Contact Carol Covey, x26799.

Library - Assistant. Clerical, light typing. \$5.50/hr. Hours vary. College Work Study. Contact Maggie Marshall, x22274.

Pathology - Report distribution clerk. \$6.00/hr. 6-8 p.m. College Work Study. Contact Dr. Miller, x25227.

Payroll/Pension - Payroll assistant. Filing, light typing. \$5.50/hr. 15-20 hrs/wk. College Work Study. Contact Bill Flynn, x25623.

Armed Forces Health Professions Scholarships

The Army, Navy and Air Force offer scholarships to qualified medical students. These scholarships pay full tuition and fees, plus a monthly stipend of \$658. In exchange, selected students serve in that branch of service for the number of years of support.

The Air Force currently has openings for three- and four-year scholarships to qualified applicants. The Air Force awards scholarships to students with varied undergraduate degrees, MCAT scores in the mid 50's and above and a cumulative GPA of 3.4 (on a 4.0 scale) or better.

To find out more about any one of the Armed Forces Scholarship programs, contact the recruiting branch at the numbers listed here:

Air Force	926-2147
Army	263-1207
Navy	657-2169



Stamps

Got a bill that's overdue or a love letter you just have to send and you can't find any stamps? You can purchase stamps from the Volunteer Office or the Store on Four. Now there's no excuse for Mom's birthday card being late.

LaSalle County Scholarship

The LaSalle County Medical Society has established a scholarship fund to assist third year medical students attending medical schools in Illinois. To be eligible for this scholarship, the applicant must be a resident of LaSalle County and currently in the third year of medical school. The application form is available in the Financial Aid Office. The application deadline is December 1, 1988.

Scholarship Program for Undergraduate Nursing Students

Lutheran Hospital in La Crosse, Wisconsin, is offering a \$1,000 grant to junior and senior nursing students for educational expenses at Rush University. In exchange for this grant, the student agrees to work one year for each year of grant support.

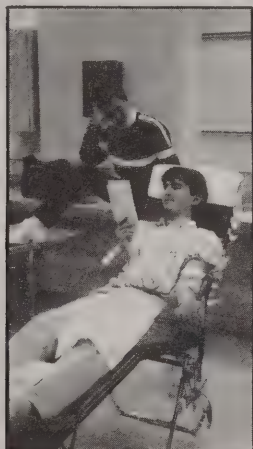
In addition, Lutheran Hospital offers summer internship opportunities for junior students as a part of their Reality Summer Internship program. Senior nursing students may be hired into one of nine specialty/critical care areas through the New Graduate Specialty Internship or into a medical-surgical unit through the Preceptored Med/Surg Orientation Program.

Further information and the application form are available in the Financial Aid Office. The application deadline is December 30, 1988.

Have a Happy Thanksgiving!

Thanks to our Donors!

On October 12, in the midst of exam frenzy, the few, the proud, the brave stormed the MDL's to lay down and be counted. They suffered through bad jokes and big needles to give that special gift: BLOOD. An extra big THANKS to all those who came to donate:



M1's

Mary Anderson
Murali Bathina
Gonzalo Castillo
A. Chakravarthy
Mike Costello
John Dacanay
Jessica Donington
Nancy Glick
Mark Hemphill
Colleen Heniff
Gary Lucchesi
Eric Nussbaum
Greg Swanson

M2's

Jim Bryan
Liz Culhane
Brian Engebrecht
Jennifer England
Ryon Hennessy
David Klem
Mike Kryza
Steve Lyon
Monique Maly
Sarah Nath

(M2's cont'd)

Carolyn Rundquist
Geoffrey Sebastian
Janet Seper
Sandy Shaw
Franz Stadler
Paul Walker
John Wlodarski

M4's

Scott Kopec

N3's

Renee Gary
Lynn Griffin
Angela Schmidt
Kathryn Shaw
Rita Steinhilber

N4's

Rita Burke
Chris Fricke
Eileen Glynn
Jim Hammond
Amy Hennessy
Sylvia Varela

Grad Entry Nsg.

Colleen Gothman
Polly Moran
Amy Ryan

Med Tech 1's

Ana Loya
Kim Plucienik
Cathline Shegog

OT 1's

Caryn Collins
Kari Denkins
Mary Luehrs

HSM

Amanda Stanton

Administration

Rick Anderson

Women's Issues Today

Where does the Women's Movement stand these days? An open meeting to discuss women's issues will be held on Thursday, November 10, from noon until 1 p.m. in 210 Academic Facility, a conference room in the cafeteria. Come and share your ideas and experiences. Dr. Marilyn Johnson will facilitate the discussion.

Study Space

The Academic Facility is open to Rush students 24 hours a day. Classroom facilities in other buildings may be used as study space providing the facility is open and not scheduled for other uses as confirmed by the Coordinator of University Scheduling. You are asked to observe the following when studying at Rush:

1. I.D. CARDS MUST BE WORN AT ALL TIMES.
2. I.D. cards must not be loaned to anyone else.
3. Do not ask Security officers to unlock any restricted areas for you.
4. Never study alone outside the Library in the evening.
5. Call Security at x25678 to report any suspicious activity.
6. No alcoholic beverages are allowed in the Academic Facility.

A support network for gay and lesbian students is being re-established. If you want to talk with another gay or lesbian student, please contact Dr. Marilyn Johnson at x23687. She will pass your phone number along to another student who will telephone you.

Inside the Student Counseling Center

Marilyn Johnson, Ph.D.

Scene I: Men's Room

Matt: It was incredible! I knew Eve would be glad to see Meryl after so many months but can you believe it? They spent the whole day, literally the whole day, gabbing away. I went upstairs and read, I took a couple of naps, and every time I came back down to the living room, there they were knitting and talking. If I hadn't seen the piles of orange skins and tea grounds and yogurt containers, I'd have sworn they hadn't moved from that morning until we went out for dinner that night.

Alan: I know Meryl loves to talk but I can't believe they could waste a whole day like that. What were they talking about?

Matt: Well, Eve was telling Meryl about being scared of labor when she has the baby ... and she was telling her about different incidents in her master's program. They even talked about their knitting, ... I guess Meryl was talking about her work and people they knew in common. All I know is, I can't imagine spending a whole day like that and not accomplishing one thing.

Alan: Me either. All that talk and it sounds as if there was nothing of any theoretical interest.

Scene II: Women's Room

Meryl: I feel so good when I think about that Sunday you and Matt were at the house. I can't remember when I've had a day like that just knitting and talking about everything under the sun.

Eve: Me too. I felt very relaxed and content. There was something about the tea and the oranges and the clicking of the knitting needles and all that time just to talk without any pressure to cut it short....

Meryl: Having shared that with you makes me feel closer to you.

Eve: I know. I feel we know each other a lot better now.

These men and women barely speak the same language in discussing their reactions to a day in the life of the two women. The men look for a product and do not find one. The women speak of a process and treasure it. Not all men would view this just as Matt and Alan did, nor all women just as Eve and Meryl did, but this example points to an interesting difference between women and men. This difference is being given a new perspective by sociologist Nancy Chodorow (The Reproduction of Mothering), psychiatrist Jean Baker Miller (Toward a New Psychology of Women) and psychologist Carol Gilligan (In a Different Voice).

Theorists of human development (e.g., Freud, Erikson, etc.) have represented healthy growth as a process of increasing autonomy and independence. For example, although Erikson's first developmental task requires the infant to build a sense of trust toward the caretaker, the tasks of the next four stages from toddlerhood through young adulthood emphasize individual efforts (autonomy, initiative, industry and identity). This progression toward separateness and independence certainly

seems to describe male development; Chodorow, Miller, Gilligan and others believe that this is so because the theorists have been men. As a result, they say, men and women have been expected to develop similarly, and certain female qualities which differ from the theoretical ideal have been devalued.

They agree with Freud and others in their analysis of the relationship between mothers and their boy and girl babies. These relationships develop differently because of their different genders. Mothers feel inner and outer pressures to help their sons become masculine and part of this process requires the mothers to push the sons to become separate from them. "You are not like me; you must become a separate being." Daughters, on the other hand, are like mothers and so their relationships do not have these pressures toward separation. On the contrary, mothers and their daughters blend into a unit of mutual giving and receiving; this process of mutuality teaches the daughter to take care of and to understand her mother just as her mother cares for and understands her. Thus, the mother-daughter union is seen as the foundation of the female child developing such "feminine" qualities as nurturance, empathy, etc. As a result of this experience, the female child develops a sense of herself as a being-in-relationship, one who needs to continue the flow of emotional giving and receiving in order to feel truly herself. So females obtain much (or most) of their self-

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esteem from the degree of their success in relationships. Research studies and clinical experience demonstrate that women's greatest fear is of abandonment, being without a critical relationship.

Both Freud et al and Chodorow et al agree with this description of female development but they draw different implications from it. The older theorists defined females as dependent, passive and even masochistic because of their strong need for attachment and because they were usually unable to reach the desired goal of autonomy. Thus, these characteristics, whether applied to women or men, have been perceived as very negative. This was demonstrated in a study in which female and male mental health clinicians were given a set of bipolar adjectives (e.g., very independent vs. very dependent, frightened vs. brave, etc.), and one-third were asked to indicate those adjectives that described a typical male, another third described a typical female, and the last third described a typical adult, gender unspecified. Both females and males described the male and the adult in similar, positive terms and defined the female in largely negative terms. None of the adjectives considered "masculine" described characteristics that would facilitate relationships while half of the "feminine" terms did so. These results suggest that people do not view relationship facilitating traits as necessary (valuable?) in the typical adult. What implications does this have for women?

In contrast to the old theorists, writers of the new perspective urge us to reconsider the importance of "feminine" traits for everyone. They

are exploring the meaning of dependency and the development of empathy, they are looking at the role of power and anger in women's lives, and they are studying the source of men's and women's moral judgments. They are encouraging girls and women to persist in valuing the role of connection in their lives, even in the face of conflicts about being "competent" and "professional," for which read "masculine." They urge a new recognition of the value of the need for relationship.

Let us hope that this work will educate us to a point where dialogues like those with which this began will be a thing of the past. Alan and Matt may never wish to spend a day sharing personal experiences but we can hope that they will at least grow to understand emotionally why Meryl and Eve felt so enhanced by their time together.

MLRC Film Series

The McCormick Learning Resource Center will sponsor a showing of the film *The Inner Healer* on Monday, November 7, 1988, from noon to 1 p.m. in room 540 in the Academic Facility.

Norman Cousins shows how he was able to overcome a painful and usually fatal illness by laughing his way back to health. Love, laughter and hope were able to counteract his negative emotions and help him recover from his serious illness. This film also uses a lung cancer survivor to demonstrate how emotions can affect one's physical well being and assist one's return to health.

All Rush students, faculty and staff are invited to attend this free showing.

Children's Book Sale Nov. 29-30

The Laurance Armour Day School Parents Board is sponsoring a children's book sale on Tuesday, November 29, and Wednesday, November 30, in the cafeteria lobby from 8:30 a.m. to 4:00 p.m. Children's Book Store on Lincoln Avenue will display a wide variety of hardbacks, paperbacks, discount books and toys. The sale means early, easy Christmas shopping for sons, daughters, nieces, nephews and all little people of your acquaintance.

Proceeds will benefit the Laurance Armour Day School.



Sidewalk Sunrise

by Mary Ann Moran

*A tousled-haired youth
Moans and circles
To avoid him.
Passersby stare
And shake their heads
At the snarly-bearded fellow
With a smoke stub from some
unforsaken trash,
Prostrated
On the concrete bed.
Laughing,
As the sun pours forth
Another day.*

Rush Enrollment

The official count has been taken and the following are enrollment figures for fall, 1988:

<u>College</u>	<u>Men</u>	<u>Women</u>	<u>Total</u>
The Graduate College	43	22	65
College of Health Sciences			
Bachelor's	9	18	27
Master's	<u>13</u>	<u>103</u>	<u>116</u>
	22	121	143
Rush Medical College	287	196	483
College of Nursing			
Bachelor's	13	111	124
Grad Entry	2	25	27
Master's	9	151	160
Doctoral	<u>1</u>	<u>70</u>	<u>71</u>
	25	357	382
Unclassified	9	44	53
Total	386	740	1126

Body Electric

a literary and arts magazine
from UIC
Call for Entries

Submissions should deal with the theme of health care and education in the health professions. Submissions are welcome in the form of:

poetry
fiction
nonfiction
humor
anecdotes
artwork
photography

First prize will be \$100, second \$75 and third \$50. The deadline is February 1, 1989.

Send entries to:

Humanistic Studies Program
attn: Julie Pease
Dept. of Medical Education m/c 591
University of Illinois at Chicago
808 S. Wood St.
Chicago, Illinois 60612

For more information contact
Suzanne Poirier, Humanistic Studies
996-7954.

You can make a difference!
Vote in the national elections
November 8, 1988.

William Carlos Williams Poetry

As a special project during the 1988-89 academic year, the Human Values in Medicine Program at the Northeastern Ohio Universities College of Medicine is sponsoring its seventh annual poetry writing competition for students attending schools of medicine or osteopathy in the United States and Canada. Preliminary judging will be done by English faculty at the consortium universities (The University of Akron, Kent State University, Youngstown State University), and final judging will be done by Dr. John Stone, physician-poet from Emory University School of Medicine. The editors of *JAMA* will review the winning poems and consider them for possible publication in *The Journal*.

The deadline for submission is postmark dated no later than December 31, 1988. The top three poets will be awarded \$300, \$200 and \$100 respectively. In addition, the three winners will be invited to visit the Northeastern Ohio Universities College of Medicine to read their poetry to audiences throughout the consortium. Travel and lodging expenses will be paid by the Human Values in Medicine Program.

Entries should be mailed to:

Human Values in Medicine Program
Northeastern Ohio Universities
College of Medicine
P.O. Box 95
Rootstown, Ohio 44272

For further details, you may call (216) 325-2511 or contact the Office of Student Affairs, x26302.

Study Skills

by Michael J. Harris, Ph.D.
Director of the Academic Skills Center

Consider a Cloze Procedure to Improve your Comprehension

Cloze techniques are ways of testing reading comprehension by restoring systematically deleted words from text passages. We all use past experience and knowledge of a subject to react to new learning situations. These methods can help the student develop habits of contextual analysis of value for the academic enterprise.

If you have heavy reading assignments in your classes, I would like to suggest that you consider using the cloze technique as a study tool to (1) improve comprehension and (2) prepare for examinations.

First, skim the material which contains systematic deletions (you can exchange several passages of approximately 250 words each which cover the topic with your study partner). On the second pass through, fill in appropriate words for each deleted word. Typically, every fifth, seventh or tenth word from a passage is eliminated. The process

will require that you provide meaning during the actual process of reading. The process encourages you to use context as a clue to words and passage meaning.

There is evidence that performance on multiple-choice tests correlates positively with performance on cloze tests covering the same material. Rankin and Culhane (1969) reported this comparability. Students who scored 61% or higher (by entering appropriate synonyms or exact words on cloze tests) have a high likelihood of answering 90 percent or more on a multiple choice test. Students who scored 41% or higher were likely to score between 75 and 89 percent. Students scoring below 40% generally had the most trouble on multiple choice exams.

Obviously, some effort is required to prepare a cloze test, but in this effort the enterprising student can take the opportunity to go over the material he or she will share with the

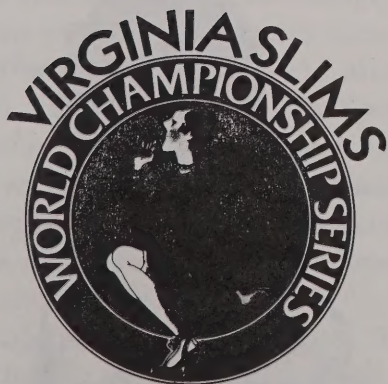
study partner. A conscious effort should be made by all concerned to select different passages to prepare. A side benefit may be that the truly important material in what is being studied will merge rather than less meaningful information.

Try this as an alternative to what you have been doing up to now. If it works, you have another useful tool. If it does not, look for other techniques to help you improve your study habits in future articles.

References:

- Rankin, E.F. and Culhane, J.W. (1969). Comparable Cloze and Multiple-Choice Comprehension Test Scores. *Journal of Reading*, XIII, 193-98.
- Waters, Margaret M. (1980). Reading - Comprehension: Cloze Technique, in *Teaching Basic Skills in College*, Trillin, A.S. and Associates, Jossey-Bass: San Francisco, pp. 123-24.

Virginia Slims Final Match



The Office of Student Affairs has secured 25 hard-to-come-by tickets for the finals match of the Virginia Slims Tennis Tournament. The match is scheduled for Sunday, November 13th, at 12:30 p.m. in the U.I.C. Pavilion. Rush students can purchase tickets now in the Student Affairs Office, Monday - Friday from 8:30 a.m. to 5:00 p.m., for the

low discounted price of only \$10. This is a savings of \$2.50 per ticket. Sales are on a first-come, first-serve basis and are limited to four per person. Buy your tickets now and get the chance to see some of the world's greatest female tennis athletes in action during this nationally televised sporting event.

ENTERTAINMENT

Video Night



Friday, Nov. 4
7:00 p.m.
Student Lounge
Rated R

Fatal Attraction is the third highest grossing movie of 1987 and the most provocative film of the '80's! A married man's worst nightmare becomes stark reality when the woman with whom he has had a casual affair refuses to believe it was just a fling. Michael Douglas stars as the man whose life is shattered by one tragic mistake. Glenn Close gives a shockingly realistic performance as the disturbed woman Douglas rejects. *Fatal Attraction*, directed by Adrian Lyne, is a chilling portrait of passion and obsession that is both terrifying and deeply moving.

On the
other side of
drinks, dinner and
a one night stand,
lies a
terrifying
love story.

Comedy Clubs

by Johnny Nightlife

Now that midterms are finally over, it's time for everyone to take a break and escape to some of Chicago's funniest comedy clubs. I've compiled a list of the best comedy clubs the area has to offer. Give them a call and find out who is appearing your next night out.

Chicago

Catch a Rising Star - 151 E. Wacker (565-4242)
Comedy Sportz - 1970 N. Lincoln (274-8059)
Funny Firm - 318 W. Grand (321-9500)
The Improv - 504 N. Wells (527-2500)
Zanies - 1548 N. Wells (337-4027)

Suburbs

Barrel of Laughs - 10345 S. Central, Oak Lawn (499-2969)
Comedy Cottage - 9751 W. Higgins, Rosemont (696-4077)
Comedy Womb - 8030 W. Ogden, Lyons (442-5755)
Funny Bone - 1725 Algonquin Rd, Schaumburg (303-5700)
Last Laff - 6350 N. River Road, Rosemont (823-LAFF)
Wacko's - 6317 Roosevelt Rd., Berwyn (749-WACK)
Who's on First - 684 W. North Ave., Elmhurst (833-3430)
Zanies - 2200 S. Elmhurst Rd., Mt. Prospect (228-6166)

Video Night

HAIRSPRAY

Friday, Dec. 9
7:00 p.m.
Student Lounge
Rated PG

Director John Waters, who has gained a notorious reputation with his outrageous and controversial brand of filmmaking, returns to the screen with his biggest and most bizarre epic yet. Set in Waters' beloved hometown of Baltimore (1962), *Hairspray* is best described by its offbeat creator as "an all-talking, all-dancing sort of big-budget civil rights comedy dealing with glamour-starved teen-age celebrities, their blue-collar stage mothers and their quest for mental health." Need we say more? Featuring an all-star cast that includes Sonny Bono, Debbie Harry, Pia Zadora, and everyone's favorite 300-pound transvestite Divine, *Hairspray* is a very unusual musical comedy with something to offend, amuse and entertain everyone.



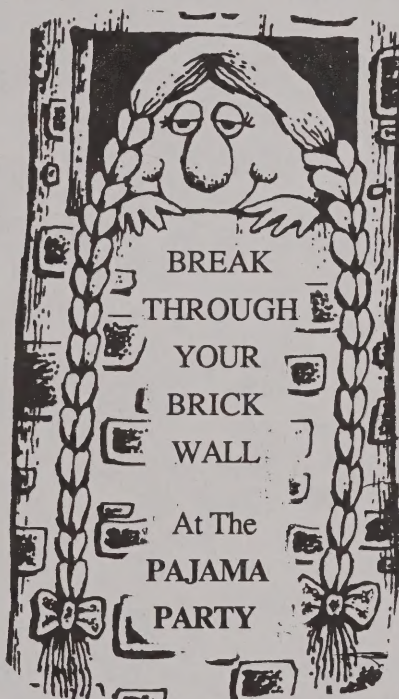
ENTERTAINMENT

Why Not a Pajama Party?

The Rush University Board is proud to sponsor the newest party theme to hit our campus. On Friday, November 11th, the Schweppe Bedroom (a.k.a. Auditorium) will play host to a Pajama Party. Everyone is asked to wear their favorite sleeping attire such as boxer shorts, teddies, long johns, night gowns, P.J.'s, etc. It is the hope of the Rush University Board that all students will take a break from their ordinary routine and come out and have some fun!

The wild sounds of one of Chicago's premier progressive deejay's will be spinning the wax in hopes of attracting scores of sleepless, gyrating bodies out to the dance floor. The party will run from 8:30 p.m. to 12:30 a.m. and is open to all Rush students and their guests. As

always, beverages and snacks will be provided free of charge. Who says that Rush is a conservative school?



Ho - Ho - Ho Christmas Latenight T.G.I.F.

Christmas may not be here yet, but the Rush University Board is planning a "Latenight Christmas T.G.I.F." for Friday, December 2. The plan is for students to study till 9 p.m. and then come to the Schweppe Auditorium for a special Christmas party. This will be a great chance for all students to get together, watch Christmas TV specials and celebrate the season the Rush University way. All students, faculty and alumni are welcome to attend. Mark your calendar.

Dinner Dance Update

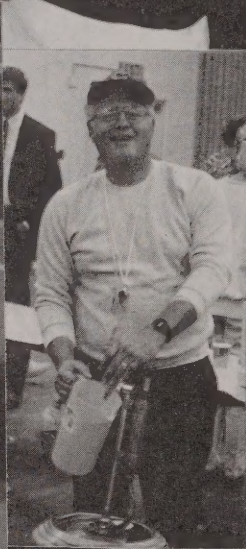
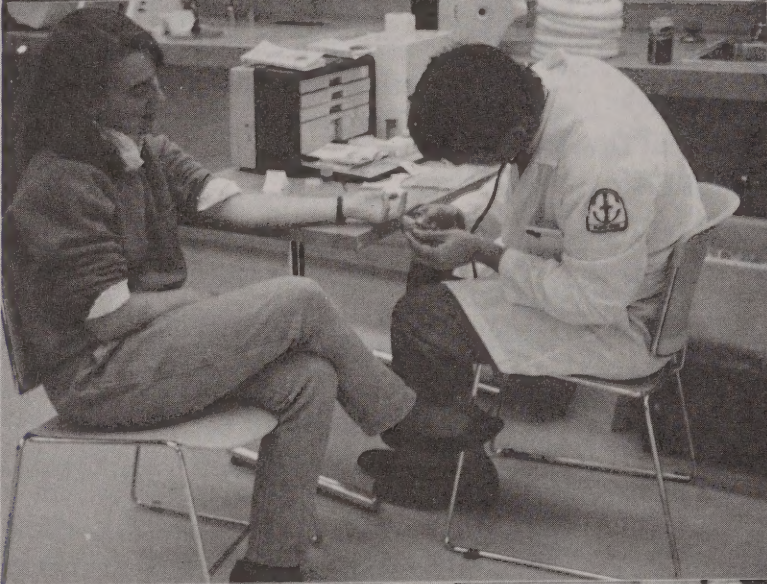
Rumor has it that all the Wayne Newton Cult Worshipers (as well as all those who wish they hadn't missed the party) are anxiously awaiting word of this year's event so they can plan their headdresses accordingly.

This year's dinner dance is scheduled for Saturday, February 11, at the Zum Deutschen Eck on Southport Avenue. The exact ticket price has not yet been set pending final menu selection but will include a cocktail hour, dinner and three hours of open bar afterwards for \$25 to \$27.

Hopefully, this is ample time for you to save your pennies and find a

date. However, even though this event is scheduled around Valentine's Day, it is, by no means, strictly for couples. So you have more than enough time to convince your single pals that this is the social event of the season which should not be missed just because those of the opposite sex fail to see your potential. Though we cannot guarantee that this year's dance will have quite the same atmosphere as last year's, we're pretty sure you'll have a good time anyway! Further information will be available later.





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SMILES